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# EUGENE Weekly

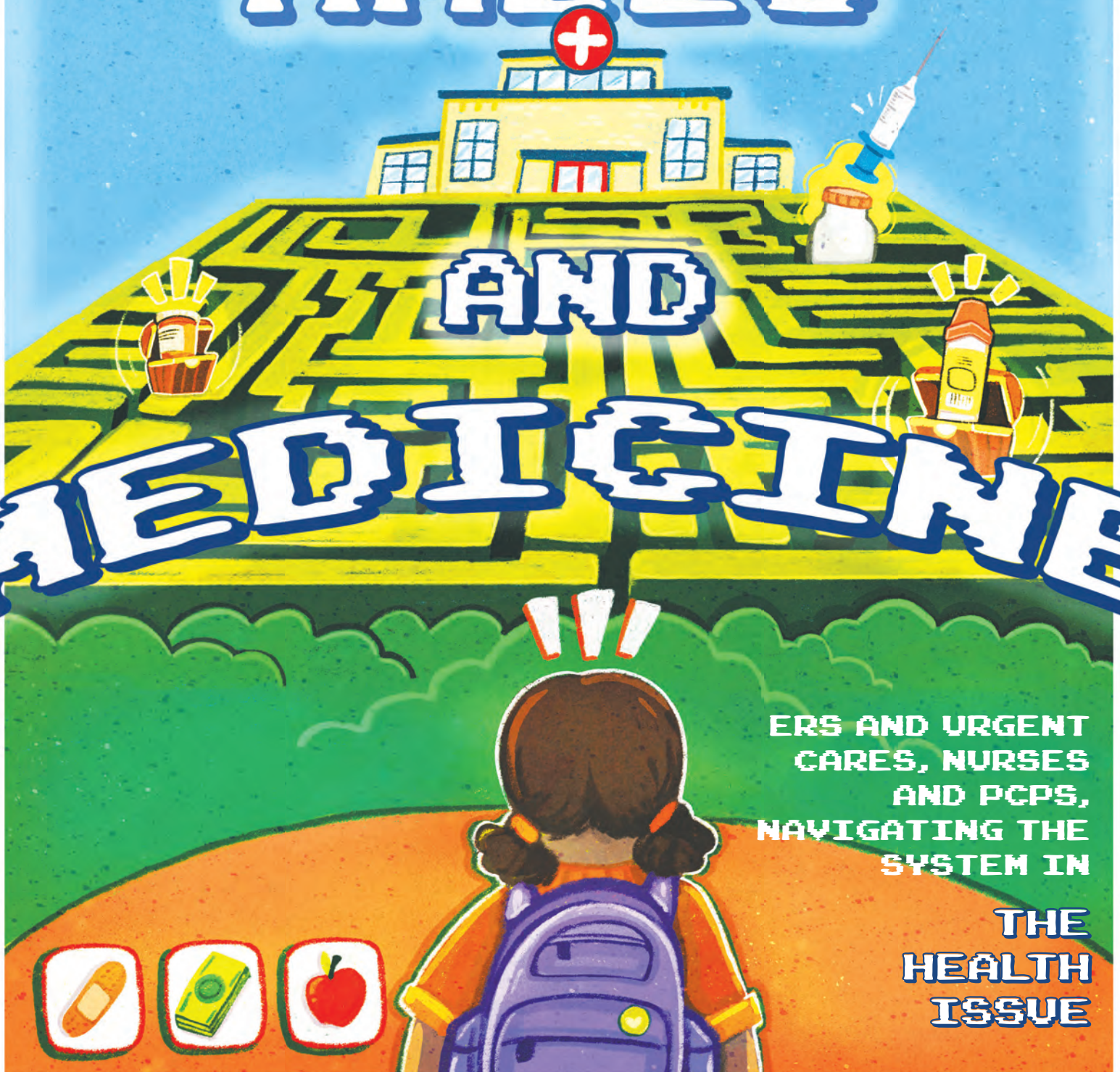
SEPT. 18, 2025 \* VOL. 44 \* NO. 38



## MAZES

AND

## MEDICINE



ERS AND URGENT  
CARES, NURSES  
AND PCPS,  
NAVIGATING THE  
SYSTEM IN

THE  
HEALTH  
ISSUE



LAND SALE AT VALLEY  
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HALL PG. 16

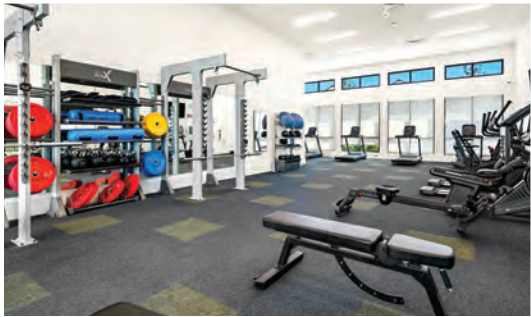
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**DEEP SEA DIVER**  
Photo by Erik Tra

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# letters

## FROM AMAZON TO POLITICAL TURNING POINTS

### Stop Complaining

If Amazon is going to build a distribution center near the Eugene airport, it is because there is a demand for it (EW, 9/11). If you don't want an Amazon distribution center in the area, then cancel your Amazon account, your Amazon Prime membership and stop ordering merchandise off the Amazon website. You can usually order merchandise directly from the manufacturer or on a different website, and most of the time, if your order is over a certain amount, you get free shipping. Otherwise, stop complaining.

Chuck West  
Eugene

### Calling Out David Loveall

I'd like to thank Lane County Commissioner Heather Buch for showing the courage to call out David Loveall for his outrageous and consistent abuse of his position as chair of the commission.

Loveall's treatment of numerous county employees reveals an ongoing pattern of abuse throughout his two years on the

commission. Records show Loveall threatening, swearing, insulting and vowing professional retribution on county employees simply for objecting to this treatment. Combine this with his practice of bringing both a gun and a dog into the office, in violation of county safety rules, and it's a clear effort to bully and intimidate and has made it impossible for staff to effectively do their jobs serving this community.

Loveall's behavior has already cost the residents of Lane County \$250,000 (plus massive legal fees) to settle a recently revealed complaint by a former employee. Regardless of what you think of the guy's politics, it's hard to make the case that this is a good use of our tax money.

The rest of the county commission needs to follow Buch's lead and send a clear message that Loveall's unhinged behavior and mistreatment of public servants are unacceptable. And the voters of this county need to remove him from office immediately.

Pete Goldlust  
Eugene

### The Ping and the Pong

When I was a child, I was enthralled by the game we played on our TV called "Pong." Two vertical bars on opposite sides of the screen could be moved up and down to block and redirect the moving "ball" back across the screen to try to get past the opponent's bar and win a point.

This is much how I see the letters in response to Rabbi Ruhi Sophia Motzkin Rubenstein's viewpoint (EW 8/28), Charles Dunaway's letter Sept. 4 then Katharina Jones' letter Sept. 11: a ping then pong back

of a two-sided debate drawing on their readings of history (forgive me if either of you are the authors of those histories, such as Rashid Khalidi or Illan Pappé, using aliases.)

After reading Jones' letter, I was so tempted to jump into the game, correcting more historical distortions. But as I am not Khalidi or Pappé or any other historian of Palestine who has spent a lifetime uncovering and publishing the facts, I know better. I also know that I cannot argue someone into thinking differently, much like I won't

be argued into thinking differently.

So rather than moving the bar and pinging back, I'm suggesting that Dunaway, Jones and I go out for coffee to get to know each other. Then, or at the next coffee date, we can discuss how we can direct our energy toward what I suspect we all want: That all people (far and near) be treated the way we want ourselves and those we love to be treated.

Molly Sirois  
Eugene

## THIS MODERN WORLD

by TOM TOMORROW





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# AY, THERE'S THE RUB

## Massage therapy a legitimate form of treatment

**A**s a longtime massage therapist and business owner, I am frequently asked questions about massage.

What are the benefits of massage? How do you find a good therapist? What kind of training do they have? How can you tell if your massage therapist is legit?

I would like to change any perception that some television programs might give that massage is only a relaxing indulgence for the very rich, or that it's something "sketchy" to be avoided. (The latter impression is unfortunately reinforced when the only local media coverage of massage businesses is when a sketchy "massage" business is closed by the police.)

Instead, massage therapists play an important part in the treatment of injuries and disease, often referred to by physicians, physical therapists and chiropractors.

Massage is perhaps the oldest and most

instinctive form of therapeutic treatment — something hurts; you touch it.

Over millennia, multiple forms of therapeutic massage modalities have developed all over the world to refine therapeutic manipulation — where to massage, how, how much pressure to use, when and when not to, what can be safely massaged and what can't (or shouldn't — many are unaware that massage is contraindicated/unsafe for individuals with certain conditions.)

There are many conditions whose only treatment is massage. Some of its many therapeutic benefits include increasing circulation and lymphatic flow; reducing pain; calming nerves; increasing range-of-motion for joints; reducing strictures from scar tissue and tight fascia (connective tissue) that can be putting tension on other structures (muscles, nerves and even bones), producing chronic pain; and improving athletic performance.

Another benefit that is somewhat less quantifiable but frequently even more appreciated is the mental health benefit of spending time in a peaceful and safe environment with a qualified and compas-

sionate massage therapist whose sole job and responsibility is to safely address your discomfort.

When we were able to reopen after the COVID shutdown, one client's comment about not being able to come in condensed what many were telling us: "I knew that massage was good for my health, but I didn't realize that it was *necessary!*"

To reassure those concerned about seeing a licensed massage therapist (LMT), let's start with some basic information about training requirements here in Oregon. LMTs are licensed by the state only after graduating from an accredited massage program that is at least 625 hours — 200 hours minimum in anatomy and physiology (what and where a body part is and how it works), kinesiology (how it moves the body), and pathology (how it can dysfunction), and 300 hours minimum in massage theory and application, clinical practice, business practices, communication and ethics. (The remaining 125 hours is extra time in the above subjects.)

Many training programs are longer (over 800 hours), with further training in more advanced massage techniques, such as deep tissue and myofascial bodywork.

After graduation, the student must pass rigorous state (and if desired, national) exams and be fingerprinted and back-

ground-checked before receiving a license. Licenses are renewed every two years, with further continuing education credits required, always including current CPR training.

Licenses are required to be publicly posted by the therapist wherever they are working, and on all their marketing materials. LMTs are required to have liability insurance.

If you are concerned about a therapist, you can go to the Oregon Board of Massage website (Oregon.gov/obmt or just search "OBMT"). The board regulates the requirements, rules and laws around practicing massage in Oregon.

You can search on the site for a general list of therapists in your area, or individuals by name or license number, and it will tell you if the license is active, restricted in any way or if there are or have been any actions against that therapist. You can find all the information above and more on the OBMT website.

If you are looking for a massage therapist, get a recommendation from a trusted source (friends or medical professionals), or look for a reputable and established massage center.

*AnnMarie Maurer has been a licensed massage therapist since 1984. She owns and operates Footloose Massage Center, which is celebrating 20 years in downtown Eugene.*

## slant — Sportsball and Strippers

BY EW EDITORIAL STAFF

**>> Policy wonks unite!** City Club of Eugene is going to dive into the city of Eugene's budget process! Speakers include longtime conservative Eugene City Councilor Mike Clark, City Council candidate and seven-year Eugene Budget Committee member Tai Pruce-Zimmerman, and President & CEO of the Eugene Area Chamber of Commerce Brittany Quick-Warner. Check it out at noon, Friday, Sept. 19, at the WOW Hall on 8th Avenue.

**>> Think local politics are boring? Think again!** We reported back in August that Lane County Commissioner David Loveall was causing controversy with his religious invocations before commission meetings. That was the tip of the iceberg. Both the daily, out-of-state owned paywalled publications in town reported on Loveall's ongoing bad behavior at the county. (We are pro-paywall, journalism costs money, but we have to brag about being free!) The board chair has demonstrated "a pattern of disregard for others that is escalating and increasingly impacting employees and taxpayers," *The Register-Guard* reports that county admin Steve Mokrohisky wrote in an email. Loveall referred to one woman as a stripper and another as a spinster — the latter insult led to a \$250,000 settlement the *RG* and its new digital rival we like to call *LOL* report.

Given the *Weekly* was the news outlet that reported Loveall was seen patrolling Main Street Springfield with an AR-15 style rifle during a Black Lives Matter protest before he was elected, we are kinda not surprised. Loveall's position 2 Springfield seat is up for election in May 2026. Who's up for it?

**>> Word is that the plaque commemorating longtime Eugene joketeller and jokebook writer David "Frog" Miller is done.** Frog died Nov. 2, 2024, and is remembered for his groan-worthy jokes as well as taking on the city of Eugene, which tried to ding him for illegal sidewalk vending. His case went to the Oregon Supreme Court, and he won. Frog was known for his jokebook vending in front of the University of Oregon Duck Store at 13th and Kincaid, and his friends and advocates would love to see the plaque land there.

**>> Speaking of plaques ... Eugene Weekly, along with 32 other Oregon Blackberry Award winners,** will be listed on a new plaque being unveiled at the Nobel Peace Park, located within Alton Baker Park, at a free, family-friendly community festival on Sept. 21. The Oregon Blackberry Award, modeled after the Nobel Prize, is a way of acknowledging individuals (and apparently institutions) "who make a positive

difference in the cultures and communities of Oregon." The Nobel Peace Park is the only park in the United States that publicly honors, with outdoor plaques, all 24 American winners of the Nobel Peace Prize. The celebration runs from noon to 4 pm.

**>> Eugene Weekly's Eve Weston** had the opportunity to join Cascadia Wildlands, KLCC and Firefighters United for Safety Ethics and Ecology in a flight over the Willamette National Forest's roadless areas on Sept. 15. **These areas are in danger as the United States Forest Service considers repealing the 2001 Roadless Rule,** which is intended to protect sensitive ecosystems by preventing designated areas from having new roads constructed and old roads maintained. Public comment on the proposal to rescind the rule closes Friday Sept. 19 — see last week's story as well as the online extra viewpoint by Oregon Wild's Chandra LeGue. The flight, piloted by Gary Kraft of EcoFlight, took the group over some of Oregon's extremely remote areas as well as the devastation caused by wildfires of years past.

**>> Beavers and Ducks** will proudly wave their flags Sept. 20 for the 129th football clash between Oregon and Oregon State at Autzen Stadium. **The rivalry**

**game will be the two schools' last violent collisions and flying bodies on the football field, at least for 2026.** College football realignment is the reason, and it marks the first interruption of the series since World War II. The Ducks now play sports in the Big Ten Conference, and the Beavers play an independent football schedule while trying to restart the Pac-12. Both programs are locked into their schedules for 2026, but there is hope for reviving the series in 2027. Oregon enters the game 3-0 and ranked sixth in the country, while OSU is winless in its first three games. Oregon leads the series with a 69-49-10 record.

**>> On the sportsball tip,** no, contrary to a spurious post on the Facebook page, "Quack Attack Nation," the **Ducks did not leave an empty seat in memory of slain Turning Point USA founder Charlie Kirk.** The story said there was a golden plaque engraved with the words "Forever with the Ducks — Charlie Kirk." There was not. What did happen is Coach Dan Lanning said, "The U.S. could learn a lot from our locker room... you've got guys of different races, guys of different backgrounds, different religions, and you've got a team that loves each other." He also called for common sense in the gun violence debate, but added, "the reality is there is just not a lot of

# Being Besties

Friendship with a centenarian brings unexpected gifts

BY JODY ROLNICK

For Dena Zehava, what began seven years ago as a way to show her then pre-teen boys the importance of volunteering has blossomed into an unexpected and close friendship — with someone more than twice her age.

Zehava, 47, calls Lucille Armitage — whom she first met while she and her sons were helping out with social activities at Fox Hollow Residential Community — “my best girl.”

Armitage, who recently turned 102 years old — and whose husband’s family donated the land along the McKenzie River for what became Armitage Park in 1953 — shares a similar affection for Zehava.

“It’s a beautiful friendship,” says Armitage. “It’s something for both of us.”

Their relationship, they agree, is special. According to research out of Stanford University, strong friendships have the power to boost health, well-being and longevity by up to 50 percent. Intergenerational relationships are especially powerful, yielding many health benefits, studies from Harvard show.

Zehava grew up in San Francisco, where her parents encouraged her to volunteer at a very young age. She wanted her sons to have the same experience. “We had also just lost my last surviving grandparents — both Holocaust survivors who my boys and I had a beautiful



LUCILLE ARMITAGE AND DENA ZEHARA  
Photo by Dena Zehava

relationship with — so it felt especially important to keep that connection with elders,” Zehava said.

She and her sons lived within walking distance and visited Fox Hollow every Thursday for two hours, playing Wii bowling with residents in the community room and later helping out on field trips. Over the years, they became close with many of the residents — some of whom have since passed away and others who have more recently moved there.

As Zehava’s sons grew up and their schedules filled, their involvement at the retirement community became more limited. But Zehava found that she really enjoyed connecting with the residents and continued to visit Fox Hollow weekly.

She noticed that Armitage, who was in her mid-90s at the time, wasn’t always feeling up to participating in the activities being offered, giving the two of them time to really connect and get to know each other better.

“At first I would stop by to sit and chat while also trying to make things in her apartment easier,” Zehava says. “I’d quickly get swept up in our conversations about life. Lou’s memory is incredible, and I love hearing her

stories — what Eugene was like a century ago, how she met her husband, the days of living in chicken coops that had been converted into apartments, old Ford coupes, ice and milk delivery, and so much more. Her stories are windows into a world that feels so far away but comes alive when she shares it.”

Armitage says she appreciates how easy Zehava is to talk to. “We are able to talk about everything,” she says.

These days, Zehava visits Armitage twice a week, taking her on walks around the grounds, heading off-site for coffee at Caffé Pacori or to pick up supplies at the store, going out to lunch and accompanying her on medical appointments. Many days, they spend hours in conversation. Each time they see each other, they take a selfie. Zehava says she has collected hundreds of photos of them together.

Zehava says she finds herself really focusing on Armitage during her visits, helping her feel calm and present.

“It’s been one of the greatest gifts of our lives,” Zehava says. “What began as a way to teach my boys about volunteering has ended up in something so much deeper — a true friendship.”

## ACTIVIST ALERT PROTESTS, ACTIVISM AND MORE AROUND LANE COUNTY

BY CAMILLA MORTENSEN

**“Protest beyond the law is not a departure from democracy; it is absolutely essential to it.”**  
— Howard Zinn, American historian

### Upcoming Rallies, Marches, Talks, Trainings and Protests

**>> Encircle Films presents: *American Agitators*,** 6:30 pm, Thursday, Sept. 18, Art House, 492 E. 13th, Zoom with director and writer Ray Telles after the film, and copy of Fred Ross’ *Axioms and Lessons for Organizers*. EncircleFilms.org.

**>> Community Celebration, International Day of Peace,** noon to 4 pm Sunday, Sept. 21, Nobel Peace Park in Alton Baker Park, youth performances, unveiling of plaque honoring Oregon Blackberry Award recipients, with Marcus Nobel and Mayor Karin Knudson. NobelPeaceLaureates.org.

**>> SUN day, Rise Up for a Sun-Powered Planet,** 12:30 pm to 3 pm, Sunday, Sept. 21, Campbell Community Center, 155 High, national day of action, bluegrass music and speakers. Mobilize.us.

**>> Fundraiser for Willamette Valley Crisis Care,** 6 pm, Sept. 29, Oakshire Commons, 416 Main St., Springfield. Support the return of CAHOOTS-type services to Eugene.

### Ongoing

**>> Protest ICE, fight Flock cameras and more,**

with the Party for Socialism and Liberation Eugene, get info on protests, trainings, etc. at [Linktr.ee/psleugene](http://Linktr.ee/psleugene).

**>> Resist! Persist! Repeat! Weekly Protest,** 10 am to 11 am, Mondays, corners of 29th and Willamette Street.

**>> Protest ICE,** 10 am on the last Tuesday of each month, Sept. 30, ICE office, 211 East 7th Avenue. More info at [Linktr.ee/psleugene](http://Linktr.ee/psleugene). Be available for rapid response if there is an arrest via [Tinyurl.com/ImmigrantDefenseSignal](http://Tinyurl.com/ImmigrantDefenseSignal).

**>> Singing for our Lives,** noon, Tuesdays, 7th and Pearl, the BeLonging Space and Interfaith Alliance with Migrants.

**>> Signmaking at MECCA,** 11 am to 6 pm Tuesday through Saturday, help with signmaking 11 am to 1 pm Wednesdays. Paint up to four signs for a donation of \$5 to \$10. MECCA, 555 High Street.

**>> Weekly vigils against the genocide in Gaza,** 5 pm, Wednesdays, Planet Versus Pentagon, old federal building, corner of 7th & Pearl.

**>> Sister District Postcarding,** 6 pm to 10 pm, Wednesdays, Claim 52 Brewing, 232 Lincoln Street.

**>> The Working Families Party Wolf Pack,** meets the first Wednesday of the month to build a government and an economy that serves all, not just the wealthiest few. Register at Mobilize.us.

**>> Weekly get-out-the-vote postcarding,** 1 pm to

3 pm, Thursdays, Gryff’s Pub, 2101 Bailey Hill Road, gear up to let Californians know about Prop 50 and to turn Virginia, New Jersey and Pennsylvania blue on Nov. 4. For more info [Pandi96743@yahoo.com](mailto:Pandi96743@yahoo.com).

**>> To replace the mainstream parties with a party of, by, and for the people,** We the People Party Lane County meet every other Friday 11:30 am to 1:30 pm at Tall Firs Cafe & Events, 1488 18th Street, Springfield. [wtplane.org](http://wtplane.org) and [wethepeoplelanecounty@proton.me](mailto:wethepeoplelanecounty@proton.me).

**>> Stop the Cuts,** noon Fridays, Eugene Veterans Clinic, 3355 Chad Drive.

**>> Stand in solidarity with Food Not Bombs feeding the community,** 4 pm Fridays, Food Not Bombs, Downtown Park Blocks, 8th and Oak, [Instagram.com/foodnotbombs\\_eugene](https://www.instagram.com/foodnotbombs_eugene).

**>> Protest Trump’s attacks on immigrants,** noon to 5 pm Saturdays, in front of the Creswell AM/PM on Oregon Avenue.

**>> Avelo: The Deportation Airline,** operating out of Eugene through Dec. 1, [bit.ly/AveloOutOfEUG](http://bit.ly/AveloOutOfEUG). The Avelo Out of Eugene coalition is working on other efforts to prevent more/similar flights and expand focus to include other companies that have ties to DHS/ICE. [AveloOutofEUG@gmail.com](mailto:AveloOutofEUG@gmail.com).

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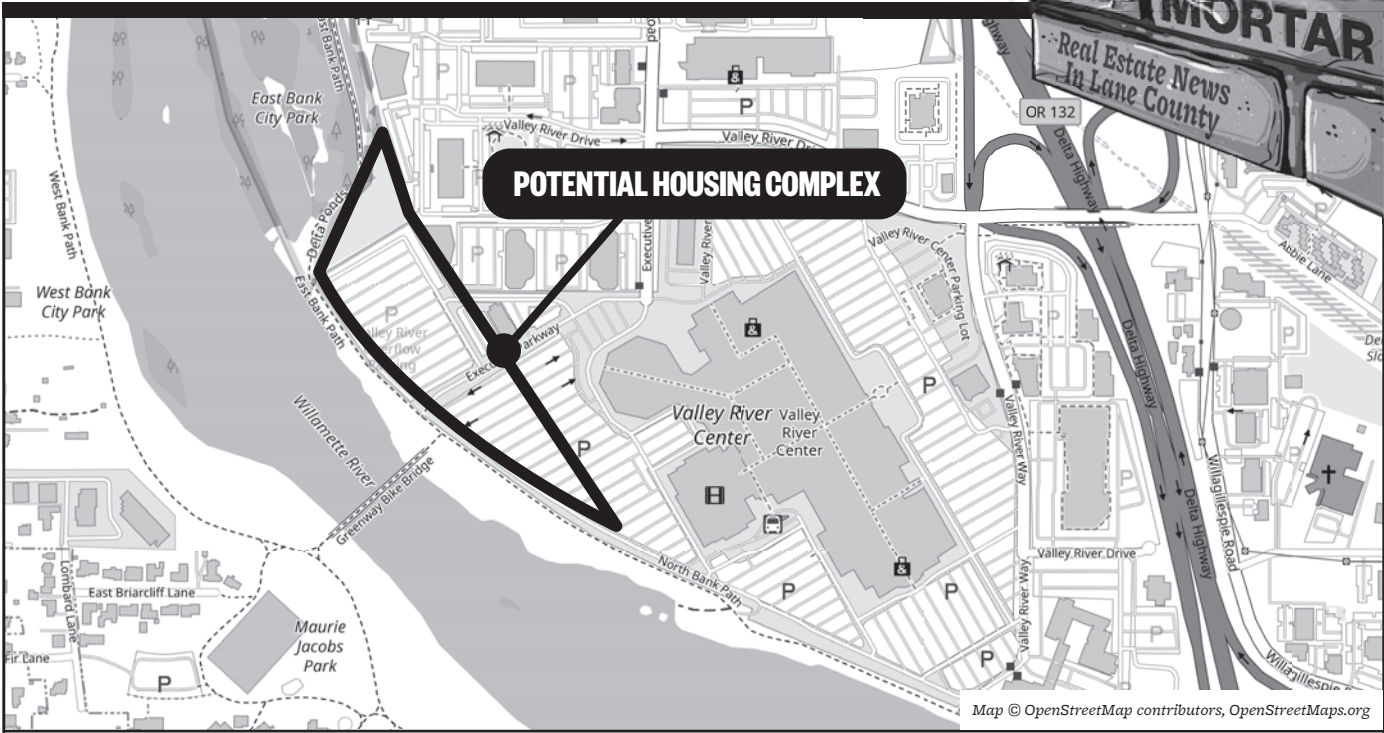
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**NEWS**

**Bricks \$ Mortar** BY CHRISTIAN WIHTOL



# **VALLEY RIVER CENTER SEEKS TO SELL OFF LAND**

*Developer may build townhomes  
along Willamette River*

BY CHRISTIAN WIHTOL

**A** Seattle developer is exploring whether to build a large condo complex along the Willamette River in Eugene, on land that's part of the Valley River Center mall.

The company, Blue Fern Development, has tentatively proposed 125 units of condo "townhome style housing" on 11 acres of undeveloped land and mall parking lots that overlook the river and the south part of the Delta Ponds wetlands.

The mall's owner, financially struggling California-based Macerich, has put the land on the market for \$14 million.

Blue Fern is asking the city about restrictions and requirements. A small slice of the proposed site appears to be in a federally designated floodway, a high-danger area where development typically is not allowed, Federal Emergency Management Agency maps show.

Much of the rest of the 11 acres appears to be in the 100-year floodplain, which FEMA's map describes as a "high flood risk area." Development typically can be allowed in those areas if certain conditions are met. Many homes and businesses near the Willamette in Eugene are in the 100-year flood zone.

Blue Fern's website says the company has created building lots and developed townhomes, among other projects, mostly in the Seattle area. The

company didn't reply to questions from *Eugene Weekly*.

The Eugene complex would have 27 two-story buildings, each containing four or five units, Blue Fern's plans say. The land is zoned community commercial, which allows housing.

Macerich would need to designate an easement through its VRC parking lots for access to the development, the plans say.

Because they're many hundreds of feet from the mall buildings, the parking lots aren't used much by mall customers. But they are popular with folks who park there to bike, jog and walk on the public trail that runs on a narrow strip of city-owned land between the mall and the river.

It's unclear how long Macerich has been trying to sell the riverfront land. The company declined to comment to *Eugene Weekly*. Macerich has signed up the Eugene-based Campbell Commercial Real Estate brokerage to market the 11 acres.

**YEARS OF LOSSES**

Valley River Center occupies about 55 acres, excluding the Macy's building and its parking lot, which are owned by Macy's Inc.

Selling some VRC land might help Macerich's strapped finances — a little.

The publicly traded company says it is trying to reverse years of losses, in part by off-loading real estate.

Macerich owns or has a stake in 43 malls around the country, its filings say. But the shopping-mall model has been sorely pinched in recent years as many traditional department stores have imploded and consumers have shifted to online shopping.

Macerich reported a loss of \$91 million for the first six months of this year, following a \$198 million loss in 2024, on the heels of a \$278 million loss in 2023, according to its filings. Interest payments eat into its finances. It carries \$5.2 billion in mortgage debt, the filings show.

**DECLINING VALUE**

Not surprisingly, the market value of Valley River Center has sagged.

A retail property such as a shopping mall is typically valued based on how much revenue it generates for its owners: lease revenue from tenants, plus, often, a percentage of each tenant's sales, known as "percentage rent." The more revenue for the property owner, the more valuable the mall. And the converse: as lease rates and store sales sour, so does the market value of a mall.

Macerich bought the mall in 2006 from the London-based Grosvenor Group for \$179 million, according to the deed. Within a few years, the property's market value began a long slide, according to Lane County assessment data. Macerich says the property now has a market value of just \$66 million. The Lane County assessor's office pegs the market value higher, at \$94 million. The sides have been fighting for several years over who is right, with Macerich arguing for the lower value, as that would cut the property taxes.

*Bricks \$ Mortar is a column anchored by Christian Wihtol, who worked as an editor and writer at The Register-Guard in Eugene 1990-2018, much of the time focused on real estate, economic development and business. Reach him at [Christian@EugeneWeekly.com](mailto:Christian@EugeneWeekly.com).*





# COMPASSIONATE NURSING ASSISTANT TRAINING

## NURSING CERTIFICATIONS AND A PROGRAM THAT GETS STUDENTS ON THE JOB

BY RUBY DUNCAN

**A**s long as people continue aging or seeking medical attention, there is a need for certified nursing assistants. They work all hours of the day to ensure your family members are in good hands in hospitals, they are in your loved ones' long- and short-term care homes, and their assistance seriously impacts the day-to-day lives of those they are working with.

Dare to Care, based in Eugene and Lebanon, trains hundreds of students to get their nursing assistant (NA) title. The NA shows a person has completed training, but is not yet a CNA, which requires passing a state certification exam.

CNAs are often found helping geriatric patients, aiding them with mobility, meals and other day-to-day activities. In hospitals, CNAs monitor vital signs, position patients for procedures, and overall play a vital role in how the medical field runs and operates.

CNAs often work as assistants to registered nurses, who have a larger scope of responsibilities they are qualified for and expected to complete. CNAs are also different from medical assistants, because CNAs do more hands-on help with patients' daily needs, while medical assistants work under a doctor, and tend to perform more administrative tasks.

The Oregon State Board of Nursing requires 65 hours of classroom and skills education, which leads to 40 hours of clinical work to become a CNA. Clinical hours are often fulfilled at care facilities, such as nursing homes. These 105 total hours are offered through intensive programs such as at Dare to Care.

"The verbiage of titles matters. We offer nursing assistant training programs. They

cannot be described or referred to as CNA training programs because that could give misrepresentation that when you complete the program, you're a CNA," says Tabettha Proctor, office manager and school coordinator at Dare to Care. Rather, when you complete the program, you are an NA, and need to take the state certification exam for the certification to be a CNA.

According to Proctor, once students have completed their NA, they can work the role a CNA would for 120 days until they are

eligible to work until they have passed their board exams.

Dare to Care started in 2012, and was originally titled "Tender Touch." Registered nurse Sherry Huff started the business in 2012, and according to Proctor, she was running the entire business solo.

"At the time it was just her doing the teaching, the registration," says Proctor. She explains Huff was covering all areas, bouncing between administrator and teacher.

at two locations — Eugene and Lebanon.

"I think employers have come to know and trust and expect a certain level of proficiency from our graduates," Proctor says. She says administrators and employees from facilities or hospitals have told her they can tell "within the first hour of working with someone, whether or not they're one of your students."

According to Proctor, the mission of Dare to Care is in the name. When Huff started the business, she did so with an emphasis on compassion and preparing passionate and respectful students to work in the field or go forward with their medical studies.

While Dare to Care currently only offers in-person nursing assistant programs, they are looking into offering hybrid programs in the future. Proctor also says they wish they could offer medication aid training, but that can be prohibitive because the clinical hours require one-on-one training, therefore adding a greater need for instructors.

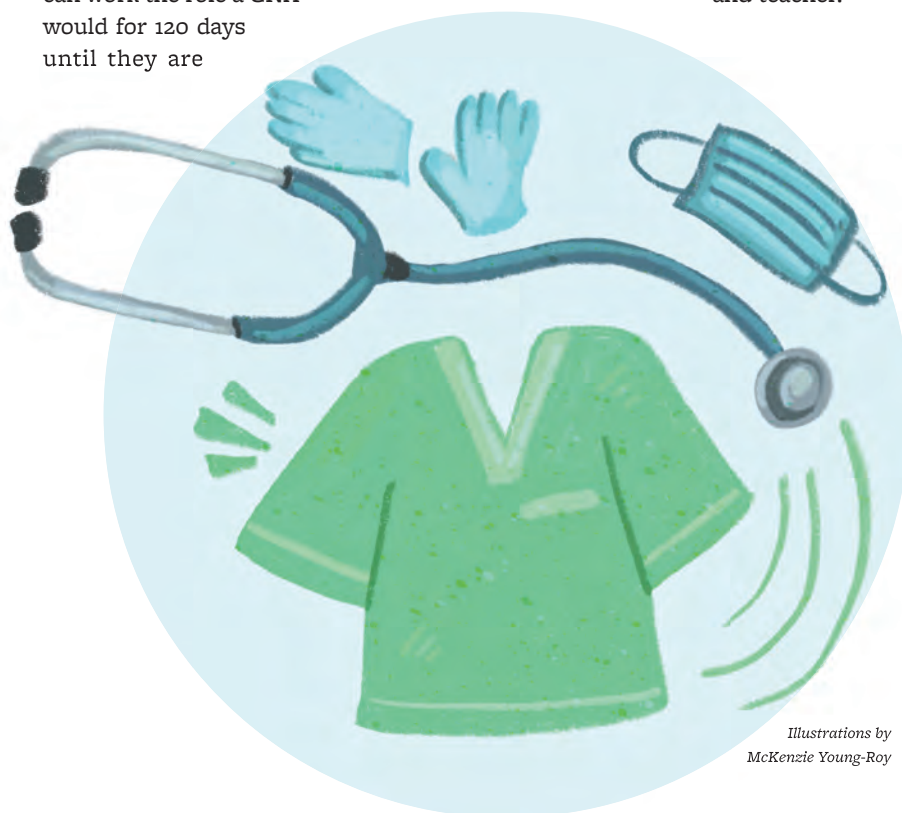
Certified medication aids are trained CNAs who have further training allowing them to disperse daily medication. "The administering medication is outside the authorized duties of a CNA."

Proctor says it can be difficult growing the number of instructors, because "to teach, and as a CNA instructor, the instructor has to be an RN." This means nursing assistant instructors are registered nurses with the qualifications and education of a nurse, but they are getting paid as a teacher.

"I think if you went around and sampled every single training program, whether it was a community college, a program like Bushnell, or a facility training, they would all agree that finding staff is the hardest part," Proctor says.

Regardless of this difference in wages, Proctor says she continues to work at Dare to Care because "I love what we do. I believe in what we do. It gives me a sense of accomplishment and to know that, you know, I'm a part of helping these students."

Find Dare to Care at [Dare2Care4cna.com](http://Dare2Care4cna.com) or call 541-688-4262. Dare to Care can also be reached at [dare2care4cna@hotmail.com](mailto:dare2care4cna@hotmail.com).



Illustrations by  
McKenzie Young-Roy

**'I THINK EMPLOYERS HAVE COME TO KNOW AND TRUST AND EXPECT A CERTAIN LEVEL OF PROFICIENCY FROM OUR GRADUATES.'**

— TABETHA PROCTOR, OFFICE  
MANAGER AT DARE TO CARE

required to complete the exam.

"It's kind of this bridge that the state of Oregon allows so that people don't have a large gap between completion of training and being eligible for employment," says Proctor. If an NA has not completed their exam after 120 days, they are no longer

Now, 13 years later, Dare to Care has evolved in response to an influx of students, a need for instructors, and overall help with running and growing the company from scheduling and coordinating classes to CPR instructors. Dare to Care now offers day and night classes, as well as classes

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## THE HEALTH ISSUE

# SEARCHING FOR CARE



**I**t's getting harder to find a primary care provider, not just in Eugene and Springfield, but nationwide. The National Center for Health Workforce Analysis projects that there will be a shortage of 87,150 full-time primary care providers by 2037. These shortages are projected to impact rural areas more than metropolitan ones.

According to America's Health Rankings, there are approximately 280 active primary care providers per 100,000 people in Oregon. That puts Oregon at number 31 in the country for PCPS.

In July, President Donald Trump signed the "One Big Beautiful Bill Act" into law, which could cut approximately \$536 billion from Medicare over the next nine years, according to the Congressional Budget Office. This could leave many Americans without adequate health care coverage, putting them at risk of losing their primary care provider, as more practices stop accepting Medicare programs.

Advocates say that as we face this historic health care shortage, it's time for Oregonians to consider more radical approaches that haven't been tried before in the U.S., like universal health care.

Dr. Nicholas Jones, who has a private practice in Eugene, says there's a couple of factors that contribute to the lack of PCPs in the area. Primary care isn't very profitable, and the federal government is cutting Medicare reimbursements to providers. When primary care isn't profitable, physicians seek employment elsewhere in high-paying specialties that reduce the number of general practitioners.

Cutting reimbursements to providers lowers the incentive for clinics to accept Medicare and Medicaid. This, combined with a general lack of physicians, has made parts of Oregon into a health care desert, with many being unable to find a PCP that's accepting new patients.

Jones says one solution to some of the issues is a direct primary care model, where patients pay a flat-rate reimbursement to clinics. This fee would cover most services a PCP can provide — avoiding skyrocketing insurance costs.

He says this method could help clinics reduce overhead and maintain financial stability even as reimbursements get lower. He also suggests that reforms could be made to broaden the scope of what insurance will cover, but with Medicaid and Medicare cuts — that might be more difficult. "That can reduce ER equalization, and see patients the same day, next day, and offer after hours advice and services," Jones says.

Oregon is a full practice state, meaning nurse practitioners and physician assistants can operate in a full capacity as a primary

care physician, but Jones says more nurse practitioners and physician assistants isn't a solve-all solution.

"If a physician is going to become a cardiologist, they need over a decade of specialized training, whereas a nurse practitioner can do just two years and apply for cardiology positions," Jones says that while nurse practitioners can absolutely provide adequate care, it's important that they have a medical director who has the necessary experience to handle more complex cases.

Even with an increase in nurse practitioners and physician assistants, barriers to care like decreasing reimbursements and high insurance deductibles still exist.

Healthcare For All Oregon is a nonprofit organization dedicated to advocating for universal health care for all Oregonians, regardless of income. Collin Stackhouse, chair of HCAO Portland chapter, says one solution to the declining number of PCPs is "having a stable, state based universal health care system that actually properly compensates primary care providers."

He adds that it "could entice providers to move to Oregon and start fulfilling the need that we obviously have."

In one year, Oregon's Universal Health Care Governance Board will present a proposal to adopt universal health care to the Oregon Legislature as a result of Senate Bill 1089, which passed in 2023. The nine-member board appointed by the governor is charged with developing a comprehensive plan to finance and administer a universal health plan.

Stackhouse and Lane County HCAO chapter chair Lou Sinniger say they're hopeful that within the next three years, Oregon can set an example by implementing the nation's first ever universal health care program. "Oregon has a history of being the first state to do things," Sinniger says. "We became the first state three years ago to make it a constitutional right to have access to affordable health care. We're the only state in the nation that has that in our constitution. So if we can do it there, we can, we can do the next step."

Having a universal health care program could increase access to primary care services by providing adequate reimbursement to physicians and reducing patient financial barriers. "I hope that people really pay attention to a way out of this costly, failing medical system and look at universal care as an option — as a way out of it and as a way to make things better, not only for themselves, but everybody else."

*The HCAO Lane County Chapter holds monthly meetings every first Tuesday of the month at 7 pm at the United Methodist Church in Eugene. The meetings are also available via Zoom. Visit [Hcao.org/chapters/lane-county](http://Hcao.org/chapters/lane-county) for more details.*



# URGENT OR EMERGENCY

## IS IT TIME TO GO TO THE ER? MAYBE IT'S URGENT CARE.

BY CORIN ANTONIO

Whether it's illness or injury, our bodies are constantly sending alerts to our brain, signaling when something doesn't feel right. When painful situations present themselves, the uncertainty and worry about where to go, as well as the cost and care, can add to the debilitating stress.

Life-threatening symptoms call for immediate life-saving strategies. Hospital emergency departments are available for medical support 24 hours a day — every day of the week — offering vast equipment, staff and specialists to attend to immediate needs. Urgent cares, also known as priority care, on the other hand, are for conditions that need to be seen within days.

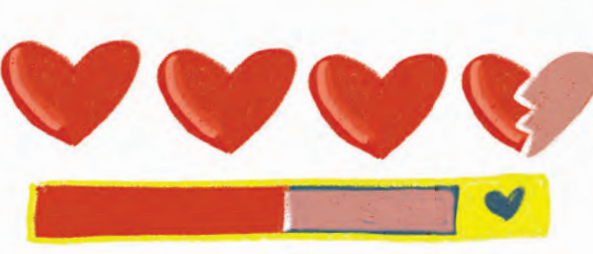
McKenzie-Willamette Medical Director Dr. Jonathan Wright says of emergency room visits, “We’re managing everything from abdominal pain to chest pain to broken bones and high fever.” And, he adds, “Different demographics also need different kinds of support.”

For example, “elderly patients come in for generalized weakness or falls because, per their demographic, that’s something they deal with more often,” Wright says. With school back in session “kids are sharing germs more than during the summer. Coughs, sore throats, high fevers and infections become more common.”

Calling 9-1-1 can be intimidating, but ensuring safety and life-saving opportunities can be vital during an emergency. When deciding on making the call, “if someone is physically incapable of safely transporting themselves or the subject because of pain or non-responsive, they can call an ambulance,” Wright says.

Something to keep in mind is “you are calling a resource, every time the ambulance transports someone, they are tied up in the field,” Wright says.

Extreme medical injuries are considered emergencies because they require immediate action, like surgery. Hospitals have the ability to provide life-saving care, surgery or medication, if necessary. Emergency departments are also equipped with the necessary tools to diagnose heart attacks, seizures, uncontrolled bleeding and severe abdominal pain.



Wright says McKenzie-Willamette Medical Center is a Level III trauma facility. PeaceHealth Sacred Heart Medical Center Riverbend in Springfield is a trauma II facility. Oregon has two Level I trauma centers, both in Portland — at Oregon Health & Sciences University and Legacy Emanuel Medical Center. They provide “the highest level of definitive, comprehensive care for the severely injured adult and pediatric patient with complex, multi-system trauma,” according to the Oregon Health Authority.

OHA says Level II centers provide “definitive care for severely injured adult and pediatric patients with complex trauma,” and Level III trauma centers provide “initial evaluation and stabilization, including surgical intervention, of the severely injured adult or pediatric patients and stabilization of injured patients and emergency operations.”

Both of the area’s major medical centers are in Springfield, and with two emergency rooms serving a metro area of almost 400,000, attending the needs of the community is a challenge for medical staff in the area.

Long wait times and lack of personal connection can impact a painful emergency room visit. McKenzie-Willamette Medical Center has the ability to attend to visitors’ needs quicker due to not being a Level II facility. “We don’t have that kind of patient demand on our staff, resources and equipment — those that are the sickest get prioritized,” Wright says of McKenzie-Willamette, which has plans to build a satellite ER in west Eugene.

PeaceHealth also has urgent care facilities to fill the void between life-threatening care and a distant doctor’s appointment, as does BestMed Urgent Care and others. Most urgent care centers are equipped with diagnostic machines like X-ray, EKG and labs for diagnosing non-life threatening injuries.

On August 13, PeaceHealth announced the opening of Valley River Pediatric Priority Care Clinic — the first urgent care clinic specifically for kids in the Eugene and Springfield area.

“The importance for opening a child clinic is to address the medical needs for kids, while having a kid friendly focus and open environment for everyone,” says Dr. Serena Black, PeaceHealth pediatric medical director.

Wright says reasons for an ER visit include severe pain, uncontrolled bleeding, pain or shortness of breath, abdominal pain or pressure, seizures, strokes, broken bones and severe allergic reactions. Meanwhile, an urgent care, like the new pediatric one, might address conditions from an “infant rash to a broken teenage finger, to an ear infection, fever or even stitches.”

*McKenzie-Willamette Medical Center-Springfield is open 24 hours at 1460 G Street, Springfield. Visit [MckWeb.com](http://MckWeb.com) or call 541-726-4400 for more information. Emergency Department and Trauma Center at PeaceHealth Sacred Heart Medical Center RiverBend is open 24 hours at 3333 Riverbend Drive, Springfield. Visit [PeaceHealth.org](http://PeaceHealth.org) to find the nearest clinic or for more information.*



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# HEALING IS A HOME

## EVERYONE VILLAGE, PEACEHEALTH AND VOLUNTEERS IN MEDICINE PARTNER TO CREATE A 10-BED RECUPERATION WING AND CLINIC

BY PIERCE BAUGH V

**I**t takes a village.” For Everyone Village, a 70-unit community in Eugene for people transitioning out of homelessness, that phrase couldn’t be more accurate. “Our core baseline is that in order to live and survive as a human, a human being, you must have hope and belonging,” says Gabe Piechowicz, the founder and executive director of Everyone Village.

Started three and a half years ago by Piechowicz, a former logger with pastoral credentials, Everyone Village has continued to expand, initially housing 30 people and now accommodating 70.

To visit Everyone Village is to see charming tiny homes, a community garden, a community center and now a 10-bed recovery wing for individuals experiencing homelessness who have been discharged from the hospital. There is also a two-room, on-site medical clinic for those recovering in the 10 units as well as for Everyone Village’s residents.

Post-hospital stay recovery has long been an overlooked issue for those experiencing homelessness. “This is a big deal because our most vulnerable neighbors, homeless

on the street, have surgeries and procedures, just like any other Eugene citizen, and when they are done with those, they leave RiverBend and they go to the street to recover, and the recovery doesn’t happen, and then the procedure or surgery doesn’t stick well, and they’re right back in the system getting that work done again,” Piechowicz explains.

“That’s a ton of wear and tear on the body,” he says, “and it costs the system an enormous amount of money. Now, like other places in the community, we’ve added to this reality where folks now have a safe place to go and have about a month to recover properly with support.”

At Everyone Village, the philosophy recognizes there are social determinants of health. “You’re more healthy if you’re housed. You’re more healthy if you have a community, more healthy if you’re in healthier relationships,” Piechowicz says.

At Everyone Village, health isn’t just a matter of proper nutrition and medical attention; it encompasses the health that comes from being in a caring community. Like everything at Everyone Village, the 10 recovery units and clinic are thoughtfully created. The construction of the units and clinic has been built by local high school students through the 4J Future Build Program.

The genesis of the recovery wing and on-site medical clinic began last December when Dr. Jim McGovern, chief hospital executive of the PeaceHealth Oregon network, visited Everyone Village and was astounded by what he saw. Seeing something special in the community, Everyone Village and PeaceHealth brainstormed ideas,

leading to the creation of the recovery units and clinic.

The on-site clinic, a three-axle mobile unit that was originally a tiny home, will also be opening in partnership with Volunteers in Medicine. VIM, a nonprofit serving the health and wellness needs of the medically underserved in the greater Lane County area, will be helping to provide medical staff and care.

*Everyone Village held a grand opening for its medical clinic and recovery units Sept. 16. For more information on the homes and medical care, reach out to [Info@EveryoneVillage.org](mailto:Info@EveryoneVillage.org) or call 541-505-7597, [EveryoneVillage.org](http://EveryoneVillage.org).*



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SEPT. 21

Earmark the weekend of Sept. 19 through the 21 for Latin dance in Eugene, specifically **bachata**, a form of partnered social dance that originated in the Dominican Republic in the 1960s. Eugene will see a series of workshops, social gatherings and bachata performances held at various venues, some featuring Edwin Ferreras and Dakhóta Romero of Areito Arts, an L.A. educational dance company. Roughly translating to “good times” or “party,” bachata is characterized by sensual hip movements and simple footwork. Bachata is most often performed to a fusion of Spanish guitar and Afro-Caribbean rhythms and percussion, similar to merengue. Dancer Kayla Bordelon is one of a few volunteer dancers, including Edgar Uriarte and Diane Meyer, who helped bring Ferreras and Romero to town. She says bachata evolved from older dance styles like *son*, *danzon*, *merengue* and *bolero*. As bachata gained in popularity throughout North America, she says, it has acquired even more sensuality, introducing moves such as body rolls. Ferreras and Romero bring “bachata back to its Dominican roots,” Bordelon says. On Sunday, Sept. 21, Juan Garcia of Azúcar Cuban Dance y Más, a Eugene-based bachata dance group, will host the free **Raices de la Bachata** at the Farmers Market Pavilion in downtown Eugene. “That event will have an intro bachata lesson, great for anyone who’s never tried bachata, or even partner dancing at all,” Bordelon says. Bordelon also says that you don’t need to bring a partner to participate. Following the lessons are performances from international artists and local dancers, before the floor will open for social bachata dance. Racies de la Bachata caps off a full weekend of ticketed bachata events in town beginning Friday, Sept. 19, including Buenas Vibras Glam Night, featuring Ferreras and Romero on Saturday. — Will Kennedy



EDWIN FERRERAS AND  
DAKHÓTA ROMERO.  
Courtesy of Areito Arts

Raices de la Bachata is 4 pm to 8 pm, Sunday, Sept. 21, at The Farmers Market Pavilion and Plaza, 85 East 8th Avenue. Free and all ages welcome. Buenas Vibras Glam Night is 8:30 pm Saturday, Sept. 20, at The Barn Light Bar, 924 Willamette. \$10 cover and 21-plus. For more information, a complete listing of times, event details and ticket prices, including full weekend passes, visit Dominican Bachata Weekender with Edwin & Dakhóta on Facebook.

## September 18 THURSDAY

### Benefits

**Great Hour of Caring Fundraiser Breakfast**, 8-9am, Venue 252, 252 Lawrence St. \$50-350.

**Special Olympics Silent Auction**, 4pm, Gratitude Brewing, 540 E. 8th Ave.

**Bingo Night for CASA of Lane County**, 6-9pm, Falling Sky Brewing, 1334 Oak Alley, \$5-10.

### Civics

**Transportation Planning Committee Meeting**, 10am-noon, Online, visit [lcog-or.gov](http://lcog-or.gov) for link.

**Lane County Public Safety Coordinating Council**, 3-5pm, Online, visit [lcog-or.gov](http://lcog-or.gov) for link.

**Communities of Color & Allies Network**, 4:30pm, Clear Lake Community Ctr., 4646 Barger Dr.

### Festival

**Pepper Fest**, 5-9pm, Farmers Market Pavillion, 85 E. 8th Avenue

### Film

**American Agitators (2025)**, 6:30-8:30pm, Art House, 492 E. 13th Ave. \$9-12.

### Food/Drink

**Thursday Night Tasting: Sunriver Brewing**, 5pm, PLAY, 232 W. 5th Ave.

**Thursday Tastings**, 5-7pm, The Bier Stein, 1591 Willamette.

**Holistic Way of Life: Intro to Herbalism & Ayurveda**, 5:30-7pm, Eugene Family YMCA Don Stathos Campus, 600 E. 24th Ave. \$30-40.

### Gatherings

**Young Professionals Summit**, 8am-4:30pm, Graduate Hotel, 66 E. 6th Ave. \$130-160.

**Emerald Empire Kiwanis Club Meeting**, noon, Countryside Pizza & Grill, 645 River Rd.

**Hearing Voices & Different Realities Discussion & Support Group**, 1-2:30pm, Trauma Healing Project, 631 E. 19th Ave. Bldg. B.

**Casino Royale**, 2-4pm, Sheldon Oaks Retirement, 2525 Cal Young Rd.

### Kids/Family

**Family Storytime**, 10:15am, Bethel Branch Eugene Public Library, 1990 Echo Hollow Rd.

**Sensory Storytime**, 4:30pm, Downtown Eugene Public Library.

### Lectures/Classes

**Hablemos Español: Spanish Conversation**, 4pm, Downtown Eugene Public Library.

**Visionary Oregon**, 5:30-7pm, The Shedd, 285 E. Broadway, \$15.

### Literary Arts

**Poetry Workshop w/ Aimée Okotie-Oyekan**, 6pm, Downtown Eugene Public Library.

**Poetry: Christine Lorenz & Noah Schnaubelt & Jorah LaFleur: A Lovely Trumvirate**, 7-9pm, Tsunami Books, 2585 Willamette.

### Markets

**Thursday Night Markets**, 5-9pm, Farmers Market Pavilion, 85 E. 8th Ave.,

### Nightlife

**Speed Friending**, 6:30-8:30pm, Whirled Pies Downtown, 199 W. 8th Ave. \$15-20.

**Trivia**, 6:30-8:30pm, Viking Brewing W., 520 Commercial St. ste. F.

**Bingo**, 7pm, Twisted Duck Pub, 529 W. Centennial Blvd. Spfd.

**Trivia**, 7pm, Gratitude Brewing, 540 E. 8th Ave.

**Thursday Night Karaoke w/ Adam**, 8pm-midnight, Happy Hours, 645 River Rd.

**Karaoke**, 8:30pm-12:30am, The Barn Light, 924 Willamette.

### Outdoors/Recreation

**Gentle Chair Yoga w/ Clark Stacer**, noon-1pm, St. Thomas Episcopal Fellowship Hall, 1465 Coburg Rd.

### Social Dance

**Latin Dancing**, 7-10pm, Claim 52 Brewing, 232 Lincoln St. \$5.

### Spiritual

**Higher Self Meditation**, 5-5:30pm, Online, visit [SpiritualArts.org](http://SpiritualArts.org) for link.

**Refuge Recovery**, 5:30-7pm, Sacred Connections Community Church, 810 W. 3rd Ave.

### Teens

**D&D for Beginners**, 4:30pm, Downtown Eugene Public Library.

## September 19 FRIDAY

### Art/Craft

**Paint & Sip: Colorful Owl**, 6:30-8:30pm, Art w/ Alejandro, 590 Pearl St. ste. 104. \$45.

### Benefits

**Special Olympics Silent Auction**, 4pm, Gratitude Brewing, 540 E. 8th Ave.

### Civics

**Disability Services Advisory Council Meeting**, 10:30am-11:30 am, Lane Council of Governments, Park Place Bldg., Buford Rm., 859 Willamette, ste. 500.

**Senior Services Advisory Council**, 1-2pm, Lane Council of Governments, Park Place Bldg., Buford Rm., 859 Willamette, ste. 500.

### Drag

**Men at Werk: Boyz Gone Wild**, 8pm, The Hybrid, 941 W. 3rd Ave. \$15.

**Queervallis Pride Pageant: Clowning Around**, 8pm, Whiteside Theatre, 361 S.W. Madison Ave., Corvallis. \$15.

### Film

**American Historia: The Untold History of Latinos**, 4pm, Downtown Eugene Public Library.

**The Time Machine (1960)**, 7pm, Venue On Broadway, 28 E. Broadway,

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CALENDAR

Food/Drink

7th Anniversary & Oktoberfest Weekend, 11:30am-10pm, PublicHouse, 418 A St., Spfd.

Gatherings

Ophelia's Place Open House, 5:30-8pm, Ophelia's Place, 1577 Pearl St. ste. 100.

Kids/Family

Preschool Storytime, 10:30am, Downtown Eugene Public Library.

Lectures/Classes

Tech Help, 3-4pm, Bethel Branch Eugene Public Li-brary, 1990 Echo Hollow Rd.

Djembe Drumming w/ Ibou Sylla, 5:30-7pm, Djembe Trading Post, 1740 W. 10th Ave. \$25.

Literary Arts

Song & Poetry Open Mic w/ 13th & Louis & Claudio Elizalde, 6:30-10pm, ArtCity Studios on Broadway, 160 E. Broad-way. FREE-\$15.

Nightlife

Cat Trivia Night, 6-7pm, Eu-gene Spfd. Cat Lounge, 537 W. Centennial Blvd. \$18.

Trivia, 7pm, The Barn Light, 924 Willamette.

Kinky Bingo, 8-11pm, 255 Madison, 255 Madison St. \$10.

Twisted Karaoke w/ DJ Saturn, 8pm-midnight, Twisted Duck Pub, 529 W. Centen-nial Blvd., Spfd.

Karaoke, 9pm-1am, The Barn Light, 924 Willamette.

Outdoors/Recreation

Fun Friday Goat Yoga, 6-7pm, No Regrets Flower Farm & Animal Sanctuary, 26641 Bellfountain Rd., Monroe. \$25.

Social Dance

Salsa & Bachata Social Danc-ing & Drop-in Class, 9pm-12:15am, The Vet's Club, 1626 Willamette. \$8.

Spectator Sports

Rally in the Alley, 5:30-7pm, 5th St. Market Alley, 296 E. 5th Ave.

Spiritual

Recovery Dharma Buddhist Recovery Meeting, 10-11am, Jesco Club, 340 Blair Blvd.



**SEPT. 20** Celebrate the Friendly Street neighborhood with the **Friendly Street Block Party**, Saturday, Sept. 20, in the areas near Friendly Street Market and The Garden on Friendly food cart pod. The market and The Garden are finalists for best food market and best food cart pod in *Eugene Weekly's* Best of Eugene (voting open now at [Vote.EugeneWeekly.com](http://Vote.EugeneWeekly.com)). Presented in collaboration with the city of Eugene, Friendly Area Neighbors neighborhood association and The Garden on Friendly, the Friendly Street Block Party will feature live music, a kid zone and a beer garden. Local artists performing at the event include dance funk band **Soul Vibrator**, jam band **Goatmouth**, dance music from **dj Food Stamp**, and positive hip-hop and reggae influenced-music from Jamaica via Northern California musician **Ras D**. “Cele-brating our neighborhood’s community, culture and spirit, this family-friendly event will be FAN’s end-of-summer gathering and will provide a showcase of the lively and welcoming character that our neighborhood is known for throughout Eugene,” Friendly Area Neighbors tells *Eugene Weekly* in a statement. Goatmouth kicks things off at 2 pm. According to guitarist Anthony Clemons, Goatmouth is a “a four-piece band dedicated to bringing you new takes on blues, rock and jam band classics,” that delivers, “high-energy, soulful performances of songs by the Grateful Dead, Widespread Panic, Gov’t Mule and more.” — *Will Kennedy*

Friendly Street Block Party is 2 pm to 8 pm, Saturday, Sept. 20, near the Friendly Street Market and The Garden on Friendly, 2757 Friendly Street. The event is free.

September 20 SATURDAY

**LGBTQ+ Youth Group**, 4-6pm, Amazon Community Ctr., 2700 Hilyard St.

Theater

**4:05 A Nocturnal Comedy**, 7:30-10pm, Actors Cabaret of Eugene, 996 Willamette. \$21-59.

September 20 SATURDAY

Art/Craft

**Stained Glass Gnome Work-shop w/ April Reign**, noon-3pm, 555 High St. \$95.

**Paint & Sip: Colorful Tree Reflections**, 3-5pm, Art w/

Alejandro, 590 Pearl St. ste. 104. \$45.

**Paint & Sip: Autumn Mushroom Forest**, 6:30-8:30pm, Art w/ Alejandro, 590 Pearl St. ste. 104. \$45.

Benefits

**Special Olympics Silent Auc-tion**, 4pm, Gratitude Brew-ing, 540 E. 8th Ave.,

Comedy

**Midnight Hacks w/ Angie Bloomfield**, 11:30pm, Happy Hours, 645 River RD.

Drag

**Drag Bingo**, 5pm, Sparrow & Serpent, 211 Washington St.

Farmers Markets

**Lane County Farmers Market**, 9am-3pm, Lane County Farmers Market, 8th Ave & Oak St.

**Spencer Creek Community Grower's Market**, 10am-2pm, Spencer Creek Grange, 86013 Lorane Hwy.

**Veneta's Downtown Farmers' Market**, 10am-2pm, Veneta's Downtown Farmers' Mar-ket, 88267 Territorial Rd., Veneta.

Festival

**Down To Earth's 17th Annual Garlic Fest**, 11am-2pm, Down To Earth, 532 Olive St.

**Friendly Street Block Party**, 2pm, Friendly St. Market, 2757 Friendly St.

Film

**Saturday Morning Cartoons**, 10am-2pm, Caffe Pacori, 255 Wallis St.

Food/Drink

**Annual Oktoberfest**, 11:30am-10pm, beergarden, 777 W. 6th Ave.

**Harvest Tea**, 11am-12:30pm & 2:30-4pm, Shelton McMur-phy Johnson House, 303 Willamette. \$30-35.

**TBP Fall Celebration**, 2-4pm, ToolBox Project, 2235 Adams St.

Gatherings

**Overeaters Anonymous**, 9:30-10:30am, Unitarian Universalist Church, 1685 W. 13th Ave.

**Play Board Games**, 2-3:30pm, Downtown Eugene Public Library.

Health

**Love Your Liver w/ Yaakov Levine, FNTP**, 11am-noon, Natural Grocers, 201 Co-burg Rd.

Kids/Family

**Baby & Toddler Storytime**, 10:15am, Bethel Branch Eugene Public Library, 1990 Echo Hollow Rd.

**Family Storytime**, 10:30am & 11:15am Downtown Eugene Public Library.

**Friendship Bracelets & Keychains**, 3-5pm, Bethel Branch Eugene Public Li-brary, 1990 Echo Hollow Rd.

**Rainbow Skate Party**, 3-5pm & 6-8pm, Bob Keefer Ctr., 250 S. 32nd St Spfd. \$8-11.

Lectures/Classes

**Synopsis Secrets**, 9am-1pm, Wordcrafters Studio, 436 Charnelton St. ste. 100. \$159.

**Cottage Grove Food Pres-ervation Workshop: Apple Workshop**, 10am-1:30pm, The Cottage Events Venue, 2915 Row River Rd., Cottage Grove. \$18.

**Mending & Alterations Workshop w/ Kayla Boyce**, 4-5:45pm, 555 High St. \$25.

Markets

**Eugene Saturday Market**, 10am-4pm, Farmers Market Pavilion, Park Blocks, 8th Ave. & Oak St.

Nightlife

**Synopsis Secrets**, 9am-1pm, Wordcrafters Studio, 436 Charnelton St. ste. 100, \$159.

**Music Bingo**, 6pm, Local Losers Lounge, 85944 Hwy. 99 S

**All Star Karaoke**, 9pm, The Pour House Tavern, 444 N. 42nd St., Spfd.

Outdoors/Recreation

**SCM Yoga**, 2-4pm, Sacred Connections Community Church, 810 W. 3rd Ave., FREE-\$10.

**Original Goat Yoga Experience**, 4-5pm, No Regrets Flower Farm & Animal Sanctuary, 26641 Bellfountain Rd., Mon-roe. \$30.

Spectator Sports

**Football Watch Party: UO Ducks vs. OSU Beavers**, noon, The Bier Stein, 1591 Wil-lamette.

**UO Ducks vs. OSU Beavers**, noon, Autzen Stadium. \$89.25-392.70

Spiritual

**Let's Just Sit Together**, 10:30am-noon, Buddha Eye Temple, 2190 Garfield St. FREE-\$10.

**Access More of the Real You**, 1-3pm, Shizen Sanctuary, 1345 W. 16th Ave.

**Psychedelic Salon**, 5pm, EDELIC Ctr, 631 E. 19th Ave. Bldg. B, \$40.

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| OCTOBER 5 & 19  | MARCH 22   |
| NOVEMBER 9 & 23 | APRIL 12   |
| DECEMBER 7 & 21 | MAY 17     |
| JANUARY 18      | JUNE 7     |

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**Shamanic Drumming**, 6-8pm, The Ctr., 390 Vernal St.

### Theater

**4:05 A Nocturnal Comedy**, 7:30-10pm, Actors Cabaret of Eugene, 996 Willamette. \$21-59.

**Bellylicious**, 7:30pm, The Hybrid-Eugene, 941 W. 3rd Ave. \$15-18.

## September 21

### SUNDAY

### Art/Craft

**Cozy Craft**, 10am-1pm, Portal Tea Company, 41 W. Broadway

**Creativity Café**, 1-3pm, The Hybrid-Eugene, 941 W. 3rd Ave. \$10.

**Paint & Sip: Three Ducks**, 2-4pm, Art w/ Alejandro, 590 Pearl St. ste. 104. \$35.

### Benefits

**Bingo Benefiting Charity: Boys & Girls Club**, 3-5pm, Tallman Brewing, 2055 Primrose St., Lebanon. \$2-5.

**McKenzie Community Land Trust Benefit Concert: Martyn Joseph**, 6:30pm, Wildish Theater, 630 Main St., Spfd. \$25

### Civics

**Sun Day: A Day of Action to Accelerate the Sun Power Revolution**, 12:30-3pm, Campbell Community Ctr., 155 High St.

### Comedy

**Hand Shoes & Horse Grenades**, 7:30pm, Luckey's Club, 933 Olive St.

### Festival

**BRING Fix-It Fair**, noon-3pm, BRING Recycling, 4446 Franklin Blvd.

**Nobel Peace Park Community Festival**, noon-4pm, Nobel Peace Park, 100 Day Island Rd.

### Film

**The Straight Story (1999)**, 6pm, Whiteside Theatre, 361 SW Madison Ave. Corvallis. \$8-10.

**Rebel w/ a Cause (2025)**, 1pm & 7:15, Art House, 492 E. 13th Ave., \$15.

### Food/Drink

**Harvest Tea**, 1-2:30pm, Shelton McMurphey Johnson House, 303 Willamette. \$30-35.

### Gatherings

**Sunday Morning Soul Connection**, 9:45am-11am, Hilyard Community Ctr., 2580 Hilyard St.

**Sun Day Solar Celebration w/ Third Act & 350 Eugene**, 12:30-3pm, Campbell Community Ctr., 155 High St.

### Kids/Family

**Pastels**, 1-4:30pm, Downtown Eugene Public Library.

**Family Bingo**, 5:30pm, Drop Bear Brewery, 2690 Willamette.

### Lectures/Classes

**On Tyranny: 20 Lessons from the 20th century**, 9:15-10:15am, First Christian Church, 1166 Oak St.

**September Paint & Sip w/ Sierra**, noon, beergarden, 777 W. 6th Ave. \$30.

### Literary Arts

**Writing Time**, 6:30-9pm, Wordcrafters Studio, 436 Charnelton St. ste. 100, \$5.

### Markets

**Sunday Market**, 11am, Sacred Connections Community Church, 810 W. 3rd Ave.

### Outdoors/Recreation

**Original Goat Yoga Experience**, 4-5pm, No Regrets Flower Farm & Animal Sanctuary, 26641 Bellfountain Rd., Monroe. \$30.

### Social Dance

**The Merry Lanesters**, 11:15 am, 118 Merry Lane.

**Raices de la Bachata**, 4-7pm, Farmers Market Pavilion, 85 E. 8th Ave.

### Spiritual

**Sunday Gathering**, 10:30-11:30am, The Ctr., 390 Vernal St.

**Tests & Difficulties**, 10-11:30am, Baha'i Ctr. of Eugene, Baha'i Ctr. of Eugene, 1458 Alder St.

**Nondual Teachings from the Great Spiritual Traditions**, 11am-12:45pm, The Ctr. for Sacred Sciences, 5440 Saratoga St.

**Sound Bath & Cultivating Peace**, 4-5:30pm, Shizen Sanctuary, 1345 W. 16th Ave. \$20-40.

### Theater

**4:05 A Nocturnal Comedy**, 2-4:30pm, Actors Cabaret of Eugene, 996 Willamette. \$21-59.

## September 22

### MONDAY

### Benefits

**Bingo for Lane County Diaper Bank**, 6:30pm, Claim 52 Brewing, 232 Lincoln St. \$5-25.

### Civics

**Eugene City Council Wk. Session**, 5:30pm, City Hall, 500 E. 4th Ave. or visit eugene-or.gov for link.

**Eugene City Council Mtg.**, 7:30pm, City Hall, 500 E. 4th Ave. or visit eugene-or.gov for link.

### Food/Drink

**3rd Annual Hop Fest**, 11:30am-10pm, PublicHouse, 418 A St., Spfd.

### Gatherings

**Afternoon Chess**, 4-6pm, PublicHouse, 418 A St., Spfd.

**Eugene Peace Choir**, 6-8pm, First United Methodist Church, 1376 Olive St.

### Nightlife

**Cribbage w/ Eugene Cribbage**, 6:30-8:30pm, Coldfire Brewing Company, 263 Mill St. \$3.

**Quality Trivia**, 6:30-8:30pm, Oakshire Public House, 207 Madison St.

**Trivia Mondays w/ Geo**, 6:30-8:30pm, PublicHouse, 418 A St., Spfd.

**Monday Night Trivia**, 7pm, PLAY, 232 W. 5th St.

### Outdoors/Recreation

**Beginner's Rock Climbing**, 6-8pm, Crux Rock Climbing Gym, 401 W. 3rd Ave. \$17.

### Spiritual

**Higher Self Meditation**, 9-9:30am, Online, visit SpiritualArts.org for more information.

## September 23

### TUESDAY

### Art/Craft

**Decorate a Tote Bag**, 3:30-7:30pm, Downtown Eugene Public Library.

**Build LEGO Sets**, 5-7pm, Sheldon Branch Eugene Public Library, 1566 Coburg Rd.

**Body Positive Figure Drawing**, 6-8:30pm, The Hybrid, 941 W. 3rd Ave. \$10.

**Tuesday Figure Art Sessions**, 6:15-9pm, New Zone Gallery, 110 E. 11th Ave., ste. C, \$8.

**Make & Take Craft Party**, 6:30-8:30pm, Abby's Legendary Pizza, 1970 River Rd. \$38-114.

### Farmers Markets

**Tuesday Farmers Market**, 9am-2pm, Lane County Farmers Market, 8th Ave & Oak St.

### Food/Drink

**Fundraiser for Planned Parenthood of Southwestern Oregon**, 11:30am-8:30pm, Hot Mama's Wings, 420 W. 13th Ave.

### Gatherings

**In Accord Community Choir**, 7-9pm, Wellsprings Friends School, 3590 W. 18th Ave.

### Kids/Family

**Baby Storytime**, 9:45am, Downtown Eugene Public Library.

**Tweens: Sew a Bookmark**, 4:30pm, Downtown Eugene Public Library.

### Lectures/Classes

**Bienvenidos a la Educación Financiera en español**, 6pm, Bethel Branch Eugene Public Library, 1990 Echo Hollow Rd.

**OLLI-UO Focus on the Arts: Music**, 6pm, UO Baker Downtown Ctr.

### Literary Arts

**Writing Time**, 9:30am-noon, Wordcrafters Studio, 436 Charnelton St. ste. 100, \$5

### Nightlife

**3rd Annual Fresh Hop Fest**, 11:30am-10pm, PublicHouse, 418 A St., Spfd.

**Elks Lodge Bingo**, 5-9pm, Elks Lodge #357, 2470 W. 11th Ave. \$5.

**Bingo Tuesdays w/ Ty Connor**, 6:30-8:30pm, PublicHouse, 418 A St., Spfd.

**Quality Trivia**, 6:30-8:30pm, Oakshire Commons, 416 Main St., Spfd.

**Tacos & Trivia: Disney**, 6:30-8pm, Tallman Brewing, 2055 Primrose St., Lebanon.

**Bingo w/ Judy Jitsu**, 7pm, PLAY, 232 W. 5th St., \$1.

**Trivia Tuesday**, 7pm, The Pour House Tavern, 444 N. 42nd St., Spfd.

**Twisted Karaoke & Tacos**, 8pm, Twisted Duck Pub, 529 W. Centennial Blvd., Spfd.

### Outdoors/Recreation

**Gentle & Restorative Yoga**, 10-11am, Trauma Healing Project, 631 E. 19th Ave. Bldg. B. \$5-15.

**Gentle Chair Yoga W/ Clark Stacer**, noon-1pm, St. Thomas Episcopal Fellowship Hall, 1465 Coburg Rd.

### Social Dance

**Latin Dance Night w/ DJ Vito**, 7-11pm, The Cowfish Dance Club, 62 W. Broadway. \$8.

### Theater

**Wind in the Willows**, 6:30pm, Hult Ctr. \$25.

## September 24

### WEDNESDAY

### Art/Craft

**Paint w/ Cats**, 5:30-7pm, Eugene-Spfd. Cat Lounge, 537 W. Centennial Blvd. \$35.

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By  
Boicicani

**Entertainment:**  
Windwalker  
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**Dinner:**  
Thai  
Cuisine  
Breitenbush Chef  
Chad Frazier

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## Modern(ist) Fiction—Dr. Paul Peppis

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## Jewish American Writers—Dr. Mary Wood

Wednesdays: January 21, 28 and February 4, 11, 2026;  
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## Taking Musicals Seriously: The Inspiring Matinee Curriculum of Being Human—Dr. Barbara Mossberg

Saturdays: February 7, 14, 21, 28, 2026; 9:30 a.m.–noon

## Existentialism as Literary Art: A General Introduction for the Curious with the Bad-Boy of Philosophy Friedrich Nietzsche's Masterpiece, Beyond Good and Evil and Other Works—Dr. Lou Caton

Saturdays: March 7, 14, 21, 28, 2026; 9:30 a.m.–noon

## In a Nutshell: The Short Story from Anton Chekhov to Ha Jin—Dr. Mary Wood

Saturdays: April 11, 18, 25 and May 2, 2026; 9:30 a.m.–noon

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## CALENDAR

**Wednesday Figure Art Sessions**, 6:15-9pm, New Zone Gallery, 110 E. 11th Ave., ste. C, \$8.

### Benefits

**Oakshire Inspires Benefit**, 5-8pm, Oakshire Public House, 207 Madison St.

### Civics

**Eugene City Council Wk. Session**, noon, Online, [eugene-or.gov](https://eugene-or.gov) for link.

### Film

**Moviegroup: King Solomon's Mines (1985)**, 1-3pm, Willamalane Adult Activity Ctr., 215 W. C St., Spfd.

**Horrible Bingo: Slugs (1988)**, 7-9pm, Art House, 492 E. 13th Ave. \$10.

**The Straight Story (1999)**, 7pm, Whiteside Theatre, 361 SW Madison Ave., Corvallis. \$8-10.

**Watch Party Wednesdays: Survivor Season 49**, 7:30pm, PublicHouse, 418 A St., Spfd.

### Food/Drink

**Picnic at the Pavilion**, 11:30am-2pm, Farmers Market Pavilion & Plaza, 85 E. 8th Ave.

### Gatherings

**Overeaters Anonymous**, 6-7:30pm, Unity of the Valley, 3912 Dillard Rd.

**Men's Stick Talking Circle**, 7-9pm, Stargate Lotus Room, 1374 Willamette.

### Kids/Family

**Toddler Storytime**, 9:45am & 10:30am, Downtown Eugene Public Library.

**Craft Eco-Creatures**, 4:30pm, Downtown Eugene Public Library.

### Lectures/Classes

**Tech Help**, 11am-noon, Shelton Branch Eugene Public Library, 1566 Coburg Rd.

**The History & Experience of Refugees & Immigrants in America**, 5:30-7:30pm, Eugene Family YMCA Don Stathos Campus, 600 E. 24th Ave.

### Nightlife

**3rd Annual Fresh Hop Fest**, 11:30am-10pm, PublicHouse, 418 A St., Spfd.

**Quality Trivia w/ Rob & Lorraine**, 5-8:30pm, Hop Valley Brewing Co., 990 W. 1st Ave.

**Guitaraoke**, 6-9pm, Local Losers Lounge, 85944 Hwy. 99 S.

**Cribbage w/ Eugene Cribbage**, 6:30-8:30pm, The Bier Stein, 1591 Willamette. \$5.

**Bingo Wednesdays w/ Ty Connor**, 7-9pm, beergarden, 777 W. 6th Ave.

**Karaoke Night**, 8-11pm, The Pour House Tavern, 444 N. 42nd St., Spfd.

### Outdoors/Recreation

**Community Yoga**, 5:30-6:30pm, Sacred Connections Community Church, 810 W. 3rd Ave.

### Social Dance

**Argentine Tango Dancing**, 7-10pm, Veteran's Memorial Ballroom, 1626 Willamette. 2nd fl. \$7-10.

### Spiritual

**Metaphysical Salon**, 6-8pm, Shelton McMurphey Johnson House, 303 Willamette.

### Teens

**Animanga Club**, 4:30pm, Downtown Eugene Public Library.

## September 25

THURSDAY

### Art/Craft

**Paint & Sip: Sunset Lake**, 6:30-8:30pm, Art w/ Alejandro, 590 Pearl St ste. 104. \$35.

### Civics

**LCOG Board of Directors Meeting**, 6-8pm, Lane Council of Government, Park Place Bldg., Buford Room, 859 Willamette., ste. 500.

### Comedy

**Kathleen Madigan: The Day Drinking Tour**, 5pm, Hult Ctr. \$39.75-49.75.

### Drag

**The Muse Collective Cabaret: Celestial Bodies**, 9pm, Sparrow & Serpent, 211 Washington St., \$10.

### Film

**Horrible Bingo: Slugs (1988)**, 7-9pm, Arthouse, 492 E. 13th Ave. \$10.

### Food/Drink

**Thursday Night Tasting: Pelican Brewing**, 5pm, PLAY, 232 W. 5th Ave.

**Thursday Tastings**, 5-7pm, The Bier Stein, 1591 Willamette.

**Trivia**, 6:30-8:30pm, Viking Brewing W., 520 Commercial St. ste. F.

### Gatherings

**Emerald Empire Kiwanis Club Meeting**, noon, Countryside Pizza & Grill, 645 River Rd

### Kids/Family

**Family Storytime**, 10:15am, Bethel Branch Eugene Public Library, 1990 Echo Hollow Rd.

**Sensory Storytime**, 4:30pm, Downtown Eugene Public Library.

### Literary Arts

**Lace & Literature: Sapphic Book Club**, 6-8pm, Shelton McMurphey Johnson House, 303 Willamette.

### Nightlife

**3rd Annual Hop Fest**, 11:30am-10pm, PublicHouse, 418 A St., Spfd.

**Cat Bingo Night**, 5:30-7pm, Eugene-Spfd. Cat Lounge, 537 W. Centennial Blvd. \$25.

**Trivia Night**, 6-9pm, Eugene Elks Lodge #357, 2470 W. 11th Ave.

**Bingo**, 7pm, Twisted Duck Pub, 529 W. Centennial Blvd., Spfd.

**Trivia**, 7pm, Gratitude Brewing, 540 E. 8th Ave.

**Thursday Night Karaoke w/ Adam**, 8pm-midnight, Happy Hours, 645 River Rd.

**Karaoke**, 8:30pm-12:30am, The Barn Light, 924 Willamette.

### Outdoors/Recreation

**Gentle Chair Yoga w/ Clark Stacer**, noon-1pm, St. Thomas Episcopal Fellowship Hall, 1465 Coburg Rd.

### Social Dance

**Latin Dancing**, 7-10pm, Claim 52 Brewing, 232 Lincoln St. \$5.

### Spiritual

**Higher Self Meditation**, 5-5:30pm, Online, visit [SpiritualArts.org](https://SpiritualArts.org) for more information.

**Refuge Recovery**, 5:30-7pm, Sacred Connections Community Church, 810 W. 3rd Ave.

**Tarot Practice Circle**, 7-9pm, Seven Sisters Circle, \$4-9.

Add your event to **Eugene Weekly's** What's Happening Calendar for free at [EugeneWeekly.com](https://EugeneWeekly.com). Email [Cal@EugeneWeekly.com](mailto:Cal@EugeneWeekly.com) with questions or call 541-484-0519.

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Music Listings

THURSDAY SEPT. 18

**BEERGARDEN** Possible Human Origins (acoustic) — 7pm.  
**FARMERS MARKET PAVILION** BendretheGiant (jazz) — 6pm.  
**KESEY SQUARE** Artistic Encounters w/ Gerry Rempel Jazz Syndicate — noon.  
**LUCKEY'S CLUB** Funk Night Eugene — 9pm.

**MAC'S RESTAURANT & NIGHTCLUB** 70's & 80's Dance Party w/ DJ Jon "Supa J" Smith — 8pm. \$9  
**OAKSHIRE COMMONS** Live Music — 6pm.

**OAKSHIRE PUBLIC HOUSE** Live Music — 6pm.  
**PLAY** Records w/ DJ F Minus — 8pm.  
**SPRINGFIELD EAGLES LODGE NO. 3597** Thursday Night Jam — 7pm.

**TERRITORIAL VINEYARDS & WINE COMPANY** Steve Anriola & The Willin' (blues) — 6pm.  
**THE HYBRID** True North Duo (Americana) — 7:30pm. \$18-20

FRIDAY SEPT. 19

**ARABLE BREWING COMPANY** Brook Adams (guitar) — 6pm.  
**BUGS'Y** EastSide AllStars (horns) — 8pm.  
**CLAIM 52 BREWING** Donnie Raye & the Blues Foundation — 7pm.  
**DROP BEAR BREWERY** Joy Regime (pop rock) — 7pm.  
**EUGENE SCIENCE CTR.** Friday Laser Shows — 5pm. \$7.50

**GRATITUDE BREWING** Mood Area 52 (roots) — 7:30pm.  
**HAPPY HOURS** GlitzKrieg (glam metal) — 8pm.  
**KESEY SQUARE** Artistic Encounters w/ Joe Manis Quartet (jazz) — noon.  
**MAC'S RESTAURANT & NIGHTCLUB** Daddy Rabbit ('50s covers) — 7pm. \$9  
**MATTHEW KNIGHT**, Darius Rucker (country) — 7pm. \$27.50-108.50  
**OAKSHIRE PUBLIC HOUSE** Live Music — 6pm.  
**PLAY** Upstate Trio (slam funk) — 7pm.  
**PUBLICHOUSE** Pants w/ Pockets (Americana) — 7:30pm.

**SARVER WINERY** Daydream Derby (acoustic covers) — 5:30pm.

**TALLMAN BREWING** Elyce Tyler Band (Americana) — 5pm.  
**TERRITORIAL VINEYARDS & WINE COMPANY** Henry Cooper Trio (swampytonk) — 6pm.

**THE CUTHBERT AMPHITHEATER** Band of Horses, Iron & Wine (alt indie) — 7pm. \$58-109  
**THE EMBERS** Survivors (classic rock) — 8pm.  
**THE GARDEN ON FRIENDLY** Sassafras (folk rock) — 7pm.

**THE JAZZ STATION** Don Latarski Quintessential — 7:30pm. \$25  
**THE SHEDD** Marisa Frantz: The Women of Folk — 7:30pm.  
**VIKING BREWING W.** High Tolerance (Americana) — 6pm.  
**WOW HALL** White Denim (Americana) — 8pm. \$25-30

SATURDAY SEPT. 20

**16 TONS** David Helfand & The Majestic Ensemble (new age) — 5:30pm.  
**255 MADISON** Indie Songwriter Night — 7pm. \$8  
**BEERGARDEN** Roseburg German Band — 5pm.  
**BEERGARDEN** John Badger & The New Old-Time Apocalyptic Revival (Americana) — 7:30pm.  
**GRATITUDE BREWING** Moulin Groove (gypsy jazz) — 7:30pm.  
**HOUSE CONCERT 2** Brian Cutean & Amy Danzinger (folk) — 5pm.  
**MAC'S RESTAURANT & NIGHTCLUB** Ty Curtis (blues) — 8pm. \$10  
**MCKENZIE GENERAL STORE & OBSIDIAN GRILL** Use'ta Do (bluegrass) — 6pm.  
**OAKSHIRE COMMONS** Live Music — 6pm.  
**OAKSHIRE PUBLIC HOUSE** Live Music — 6pm.  
**PUBLICHOUSE** Sweet 'N Juicy (funk) — 7:30pm.  
**SARVER WINERY** Meadow Rue (Americana) — 3pm.  
**TALLMAN BREWING** Nikki Jones Band (blues) — 5pm.

**TERRITORIAL VINEYARDS & WINE COMPANY** Geoffrey Mays (jazz) — 6pm.

**THE EMBERS** Survivors (classic rock) — 8pm.  
**THE HOUNDSTOOTH PUBLIC HOUSE** Walker T Ryan (blues) — 7pm.  
**THE JAZZ STATION** Seffarine Moroccan & Flamenco Jazz — 7:30pm. \$25

**THE LASELLS STEWART CENTER** Marisa Frantz: The Women of Folk — 3pm.  
**VIKING BREWING W.** Rich Rollins Album Release w/ Apex Predators (folk) — 6pm.  
**WHIRLED PIES** Skeletons from the Closet (Grateful Dead covers) — 8pm. \$12-15  
**WOW HALL** Deep Sea Diver (rock) — 8pm. \$20- 25

SUNDAY SEPT. 21

**BEERGARDEN** Daddy Rabbit ('50s covers) — 4pm.  
**EUGENE MASONIC CEMETERY** Kara Eubanks & Nathalie Fortin (classical) — 6pm.  
**EVEN STEVEN'S** EastSide Sunday Jam (horns) — 5pm.  
**HAPPY HOURS** Sunday Karaoke w/ DJ Johnben — midnight.  
**PUBLICHOUSE** Rudolf Korv (Americana) — 3:30pm.  
**PUBLICHOUSE** Open Mic w/ Amblin — 5:30pm.  
**SAM BOND'S** Sunday Irish Jam — 4pm.

**THE HYBRID** Cecilia Zabala (singer-songwriter) — 7:30pm. \$20  
**THE SHEDD** Marisa Frantz: The Women of Folk — 3pm.  
**UNITY OF THE VALLEY** Daniel Nahmod (indie) — 12:30pm. \$15  
**WOW HALL** Tommy Castro & The Painkillers (blues) — 8pm. \$35

MONDAY SEPT. 22

**BEERGARDEN** Bluegrass Jam & Game Night — 6pm.  
**HOUNDSTOOTH PUBLIC HOUSE** Open Mic Mondays — 6:30pm.

TUESDAY SEPT. 23

**MAC'S RESTAURANT & NIGHTCLUB** Rooster's Blues Jam — 6pm.

SEPT. 20 & OCT. 18

Walker T Ryan is a Eugene blues, folk and Americana music staple who is nearing the conclusion of his six-show residency at the Houndstooth Public House. His residency travels through his entire musical history, where, over the course of his shows, he's illustrated his life with the music that got him here. In adopting musical traditions from Chicago blues, his penultimate show Sept. 20 is called **The Kid Goes Electric (Sorta)**. He says that it will "pick up where I left off" from show three, his Delta blues show, and he'll dive into when he discovered his favorite music: Chicago blues, with music from Muddy Waters and Howlin' Wolf. Over the course of a two-hour show with two sets, Ryan will perform and tell stories about his favorite music of the era, while illustrating the overlying purpose for his residency. He says that in performing this music, he is "pointing out to people that Black people created the blues and it wasn't a bunch of white guys," he says. Over the course of his previous four shows, he's told stories and performed music spanning decades back, including when he was "literally a Pete Seeger clone" as a teenager in the 1960s New York Greenwich Village folk scene. He's gone even further into the past, with the third show covering when he was a child hearing old Delta blues for the first time. "Most people came to the blues through the Rolling Stones and people like that. That's where they discovered that music," he says. "I came to folk music listening to the old acoustic blues players." The show after this one is on Oct. 18 and will be the last of his residency. To celebrate his final show, he'll invite Tanya Bunson and Jeremy Wegner — the other two members of his band, The Walker T Ryan Trio — to perform with him. "It's going to be a party," he says. — Savannah Brown

Walker T Ryan's The Kid Goes Electric (Sorta) 5th residency performance is 7 pm, Saturday, Sept. 20 at The Houndstooth Public House, 1795 West 6th Avenue. Free. His sixth residency performance is with The Walker T Ryan Trio and is 7 pm on Saturday, Oct. 18. Free.



WALKER T RYAN Courtesy of WT Ryan

**THE SHEDD** Hot Club of Cowtown (swing) — 7:30pm. \$28-36  
**WOW HALL** Destroyer (rock) — 8pm. \$25-30  
**WEDNESDAY SEPT. 24**  
**GRATITUDE BREWING** Open Bluegrass Jam Session — 6pm.  
**MAC'S RESTAURANT & NIGHTCLUB** Paul Biondi & Friends (jazz) — 7pm. \$9  
**MAPLE LANDING** Women of World Mythologies (chamber folk) — 6:30pm. \$15  
**MULLIGAN'S PUB** Open Mic — 8:30pm.  
**SAM BOND'S** Dr. Rocket & Tiny Dino & Oaknoll (alt rock) — 8pm. \$5  
**THE HYBRID** Open Mic — 7:30pm. \$5

**THE JAZZ STATION** The Jazz Station Jam — 6:30pm. \$10-15  
**THE SHEDD** Masters of Hawaiian Music — 7:30pm. \$28-36  
**WOW HALL** Redferrin (country) — 8pm. \$25-40  
**THURSDAY SEPT. 25**  
**BEERGARDEN** Forest Mountain Lion (folk rock) — 7pm.  
**LUCKEY'S CLUB** Funk Night Eugene — 9pm.  
**MAC'S RESTAURANT & NIGHTCLUB** Goatmouth (jam band) — 7pm. \$9  
**OAKSHIRE COMMONS** Live Music — 6pm.  
**PLAY** Records w/ DJ Foodstamp — 8pm.

**SPFD. EAGLES LODGE NO. 3597** Thursday Night Jam — 7pm.  
**TERRITORIAL VINEYARDS & WINE COMPANY** Southtowne Saints (jazz) — 6pm.  
**THE HYBRID** Blowgun (samba) — 7:30pm. FREE-\$12  
**TSUNAMI BOOKS** Claudia Schmidt (singer-songwriter) — 7:30pm. \$22.50



Illustration by Jade Wilkerson

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# ALL AGES, ALL HEART

*Deep Sea Diver's Jessica Dobson on Sub Pop, Jonny Greenwood and the power of all-ages shows*

BY WILL KENNEDY

**S**inger and guitarist Jessica Dobson grew up near an all-ages venue in Anaheim, California. Now based in Seattle, Dobson's guitar indie pop band, Deep Sea Diver, returns to Eugene Sept. 20 at Eugene's storied all-ages venue, WOW Hall. Deep Sea Diver is supporting *Billboard Heart*, their fourth full-length album, released this year, and their first release for Sub Pop Records.

Dobson says the venue near her home in Anaheim was called Chain Reaction. "The place was absolutely run down, and I'm not sure how it was even considered a venue," Dobson recalls, "but that's where we went, and that's where we hung out. It was safe, it was fun. I absolutely love all-ages venues, and I love kid energy. I'm all about it."

Did access to an all-ages space help her become a musician?

"Absolutely," Dobson says, "Because when you see all of your friends playing

in bands, and that's something you want to do, it just makes it easier when there's a doorway open to be able to do that."

Deep Sea Diver plays propulsive, guitar-centered indie rock. Above it all is Dobson's strong alto singing voice, telling triumphant stories of heartbreak and self-discovery.

Melodically, Deep Sea Diver shows a Shins influence — or maybe it's the other way around. Dobson played lead guitar in the Portland indie rock group. In 2011, she performed with The Shins at WOW Hall, and again in Eugene the next year at Cuthbert Amphitheater.

Dobson also toured in Beck's band and with the Yeah Yeah Yeahs. Performing every night alongside Yeah Yeah Yeahs' exuberant lead singer, Karen O, influenced her on-stage performance.

On *Billboard Heart*, much like the rest of their work, Deep Sea Diver's sound might also recall Aimee Mann, but whereas Mann leans singer-songwriter, Dobson, the band's primary songwriter, is a natural front person with rock 'n' roll in her DNA.

In the songs, Dobson trades hooks between her voice and guitar melodies, and her solos are raw and ferocious, influenced, Dobson says, by guitarists like Radiohead's Jonny Greenwood.

"Just the way he approaches the guitar," Dobson says of her admiration for Radio-

head's lead guitarist. "He is also very classically trained and just has such complex, quilted patterns."

"I think the consistent theme," Dobson explains of the guitarists that have inspired her, is that it's "not shredding. It's melodic and it's tasteful. I try to stay attached to that realm."

Deep Sea Diver's first three records were well-received on small independent labels. Seattle public radio station KEXP listeners voted Deep Sea Diver's *Impossible Weight* their favorite album of 2020.

With a large indie label like Sub Pop now in their corner, Dobson says doors have opened

up for her group. "Every little piece that's been added," she says, "has helped build a better foundation for us as a band."

On the last few Deep Sea Diver tours, Dobson says, her group has held their songs a lot looser. On stage, she says, "we'll extend songs, do weird interludes," or "have freak-out moments" that she calls "controlled chaos."

Supporting Deep Sea Diver at WOW Hall is Morpho, whose singer and guitarist, Kristyn Chapman, sits in with Deep Sea Diver on second guitar this tour.

*Deep Sea Diver and Morpho perform 8 pm Saturday, Sept. 20, at WOW Hall, 291 West 8th Avenue. Tickets are \$20 advance, \$25 day of the show. The concert is all-ages.*



JESSICA DOBSON  
Photo by Erik Tra

## It Must Be the Climate

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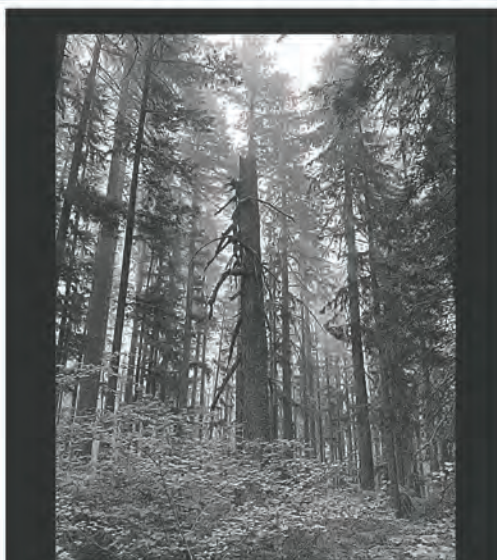
Why **SUN** Day 9.21.2025\* Matters for Forests & Communities by Flora Booker

Soft, spongy moss sinks under my feet as I look up at sunlight filtering through madrone and cedar branches. Every part of this forest ecosystem, from moss and fungi to trees, animals, and people depends on that energy from the sun.

The same solar power that sustains life in the forest is now helping shift energy systems to renewables, away from fossil fuels. That is what is being celebrated across the country at SUN Day events, organized by Third Act. On September 21<sup>st</sup> at the Campbell Community Center in Eugene, people will gather for music, art and teach-ins about how solar power is catalyst to the clean energy revolution and is now more accessible in our communities. *If you care about forests, climate, equity, and action, this is the place to be.*

We all know the sun as the yellow circle in the corner of a child's first drawing. Beyond that image, it is the foundation of life on earth and a powerful energy source. Solar power generates low cost electricity while reducing reliance on fossil fuels and easing strain on the grid. The same force that sustains life through photosynthesis and our food web is now reshaping the energy landscape, making clean power more widely available and challenging the fossil fuel industry. It can support everything from homes to hospitals without tearing apart ecosystems or polluting the air and water we depend on.

Yet instead of building on this potential, governments have poured trillions into fossil fuels, mining, and industrial logging, sacrificing ecosystems and frontline communities. Programs like *Solar for All*, which could have expanded access for working-class households, have been cut while subsidies for extractive industries continue.



Habitat Snag on Spencer Butte. Forest ecosystems like this are at risk without a transition away from fossil fuels

A just transition requires more than replacing one form of extraction with another. When large-scale renewable projects are controlled by the same corporations that built their fortunes on oil and gas, they risk replicating the same harms. There are alternatives including locally controlled and Indigenous-led renewable projects that broaden equitable access to energy (*Miacel Spotted Elk, 2025*).

\*Eugene Event 9.21.2025 sponsored by Third Act Oregon and 350 Eugene

Author Flora Booker is a senior in the Honors College at UofO in Environmental Studies and Biology. She works as the 2025 Field & Events Coordinator at Cascadia Wildlands combining field ecology with outreach and advocacy. Flora supports and learns from the ecosystems and communities that sustain her.

As a UofO student in Environmental Studies and Biology, and through my work in forest defense with Cascadia Wildlands, I see every day how climate and forest defense are connected. Fossil fuel expansion and forest destruction are both built on extraction that treats the living world as disposable.

Solar energy is no longer an alternative. It is the cheapest and fastest-growing source of power on the planet, with the ability to meet human needs without harming forests like the one I described, as the projects justified in the name of economic growth and short-term corporate profit.

That is why SUN Day matters. The event celebrates solar technology while creating space to confront the barriers that keep clean energy out of reach and organizes around strategies to build systems that are both sustainable and just.

The forests and meadows of Eugene remind me daily that sunlight is a gift, connecting everything from the canopy to the soil, warming us, and feeding the plants that sustains us.

**SUN** Day  
is an opportunity to shape a future where energy is not another form of extraction but is of mutual care and survival.



We like it wild.





**CIRQUE MA'CEO'S OLISSIO ZOPPE  
ON HIS FRIESIAN STALLION.**  
Photo Courtesy Bozena Hagen

# BRING ON THE DANCING HORSES

*Cirque Ma'Ceo  
brings equines,  
acrobats and the big  
top to Eugene*

BY CAMILLA MORTENSEN

**W**hen some of us think of a circus, we think of elephants, lions and clowns, while for others it's the high trapeze. Then there's those of us who grew up dreaming of dancing on the back of an elegant dapple gray horse as it canters in the ring under the big top.

Cirque Ma'Ceo brings that rosinback riding and other equestrian arts, acrobatics, aerial performances, dance and more, together with its own big top, to Eugene Sept. 19 to 27.

Creator and director Olissio Zoppe is a ninth generation equestrian performer, who grew up riding and touring since the age of three. He not only performs in Cirque Ma'Ceo, he has been the show's horse trainer as well. Only recently, as the equestrian circus expands and brings in new horses, have others begun to aid in the training; people, he says, who are passionate about working with horses and learning the family traditions.

Zoppe says both sides of his family in Italy had family circuses with the classic bareback riding style known as rosinback, "where you stand on the backs of horses and do somersaults and build pyramids and all this stuff." The family act began to bring in other styles of riding as well, like Cossack and Roman riding, classical dressage — think of horse ballet — and liberty work, in which the horses perform free with no tack or even rider.

"The show basically grew from the

family act, and basically our love of horses and different types of horses growing up," Zoppe says. "The only horses that I saw were Percherons. That's what we, my family, had been using for 250 years, really."

From Percherons, massive gray draft horses, Zoppe started to fall in love with the tall black Friesian and the elegant Spanish horses. So Cirque Ma'Ceo added them in, together with rare Russian Akhal Tekes, a Native American Nakota, miniature horses, quarter horses and more. There are 13 horses, he says, and 10 artists.

At age 20, Zoppe's Friesian stallion, Veleno, has been performing with him for 17 years, and this is his last year with the show. "He's been my number one superstar of a horse," Zoppe says, doing classical dressage and liberty work. Veleno, who has appeared in commercials and films, is still physically strong, but ready for his career to wind down. Zoppe says he has kept horses on tour and not even used them, "because I knew that if I left them home, they would be so devastated that they would die."

Zoppe says that one of the best parts about it is "when you see the horses performing, you can tell that they're in tune with the handler, the trainer, and their ears are perked up, and they're enjoying their work, and they have energy."

"It's a very intimate atmosphere," Zoppe says of the performances. "When you walk into the tent, you're immediately taken by the beauty." He adds, "We have an aerial chandelier, hanging with candlelight and red drapery. You walk in, and I would say there's a bit of a wow factor."

And for those with a ringside seat? "I mean, they're inches away from having horses galloping by. You get a chance to see the true connection between the horses and the artists, and also the cues that are given and how the horses respond, and just this communication, you're right there."

Whether you grew up riding and loving horses, or just enjoy seeing a connection between humans and equines, Zoppe says, "This show is full of beauty, excitement, and is a unique show," one he says you're not going to see anywhere in North America.

"All the shows that were alive and touring are gone, so this is the last one, and it's just a great family experience."

*Cirque Ma'Ceo is at Oregon Horse Center 7 pm Sept. 19, 4 pm and 7 pm Sept. 20, 1 pm and 4 pm Sept. 21, 7 pm Sept. 26, and 4 pm and 7 pm Sept. 27. Tickets at Tickets.cirquemaceo.com. \$25 for kids, \$40 for adults.*

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# SAVAGE Love Making the Upgrade

BY DAN SAVAGE

I'm a married heterosexual cis woman kinkster writing from the Northeast. My husband and I have been monogamous and only played with each other for a decade and a half, but we've agreed to try platonic play at some kink events we're going to this fall. But how do I hang my shingle in regard to finding play partners? Playing with others is something I have been wanting to try but have never done besides the occasional demo bottoming. I am ready for more but now that the reality is coming closer, I don't quite know how to function. How do I place a good "personal ad" for platonic play? Is it better if I respond to existing posts? I don't even know exactly what I'm looking for besides some new experiences. For context, I am a switch-y dominant-leaning masochist. I am nervous and excited and looking for some guidance.

## — Married And Slightly Open

Use your words: "Seeking BDSM play, not seeking sex." That's what you need to put on your shingle. You can use those exact words on your kinky personal ad, in replies to other people's ads, or when you strike up conversations at kink events with people you might wanna play with.

You're gonna get the obvious follow-up question — what exactly counts as sex for you and your husband? — and you need to be ready with a clear, specific, and detailed answer. No penetration, obviously. Is kissing allowed? Do

you guys count oral as sex? BDSM play arouses you, MASO, otherwise you wouldn't be engaging in it. Are your play partners allowed to do small, incidental things that might enhance your arousal? Is manual stimulation during play allowed? Can they grind against you? Can they wedge a vibrator between the ropes and your pussy? And if that vibrator makes you come, is that a violation of your rules or is that an act of God?

The more precise you are, the easier it'll be for people to know whether they're the right play partners for you. And if you tell someone you're only interested in platonic play — bondage and spanking and whatever else is allowed — and they don't immediately ask you to clarify your precise sexual boundaries, that's a yellow flag. Either they don't care enough to make sure they're respecting your limits, MASO, or they'd rather ask for forgiveness than permission.

I'm currently separating from my husband who I've been with for a decade. Our sexual relationship was always kind of dysfunctional except for the first year or so, but we had a don't ask don't tell arrangement that worked well and neutralized the issue for the most part. It's not why we are separating. For the last year I've been periodically sleeping with a man who had been a close friend of mine for many years. As it has become clear that my marriage is ending, I've allowed myself to acknowledge romantic feelings for him,

and they're reciprocated. He wants us to give dating a shot once my divorce is finalized. I think I want that, but there's plenty of opinions on the internet about how foolish it is to try and parlay an affair into a real-world relationship. We are incredibly sexually compatible and really close friends, and I don't want to set expectations at a place where the dynamic changes too much to retain the friendship and occasional fucking, but maybe we've already crossed that Rubicon? Am I being incredibly stupid? Is this something I could make work?

## — Divorcing And Rebounding

You won't be able to make it work with an attitude like that!

Look, this might turn into something lasting, DAR, or this might be a successful short-term relationship that gave you some joy during a hard time in your life. But if you let bitter strangers on the internet, make the choice for you, DAR, you'll never know what this might've been. And there are lots of women out there in stable, loving, and lasting relationships with men they met (and fucked) while they were married to other people — hell, the Queen of the United Fucking Kingdom parlayed an affair right into Buckingham Palace. Give your prince a chance!

Got problems? Yes, you do! Email your question for the column to mailbox@savage.love! Or record your question for the Savage Lovecast at savage.love/askdan! Podcasts, columns and more at Savage.Love

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IN THE JUVENILE COURT OF COVINGTON COUNTY, ALABAMA IN THE MATTER OF: A.C., DOB: 10/22/2015, CASE NO.: JU-2017-98.04 DHR NO: 38583. NOTICE OF PETITION FOR TERMINATION OF PARENTAL RIGHTS TO: M.C., mother of A.C. a minor child born on October 22, 2015. Notice is hereby given that a petition has been filed by the Alabama Department of Human Resources in Covington County seeking to terminate your parental rights to A. C. You are required to file an answer with the Clerk of Court and the Petitioner's attorney, Rod Sylvester, P. O. Box 1054, Andalusia, Alabama 36420, within fourteen (14) days after the last publication of this notice or a judgment will be entered against you. A hearing has been set in this Court for the 5th day of November, 2025, at 1:30 p.m. in the Covington County Juvenile Court, 1K North Court Square, Andalusia, Alabama 36420, at which time you may appear and contest the same, if you so choose. Amy W. Jones Circuit Clerk

IN THE JUVENILE COURT OF COVINGTON COUNTY, ALABAMA IN THE MATTER OF: L.C. DOB: 06/07/2013 CASE NO.: JU-2017-97.04 DHR NO: 38583. NOTICE OF PETITION FOR TERMINATION OF PARENTAL RIGHTS TO: M.C., mother of L.C. a minor child born on June 7, 2013. Notice is hereby given that a petition has been filed by the Alabama Department of Human Resources in Covington County seeking to terminate your parental rights to L. C. You are required to file an answer with the Clerk of Court and the Petitioner's attorney, Rod Sylvester, P. O. Box 1054, Andalusia, Alabama 36420, within fourteen (14) days after the last publication of this notice or a judgment will be entered against you. A hearing has been set in this Court for the 5 day of November, 2025, at 1:30 p.m. in the Covington County Juvenile Court, 1K North Court Square, Andalusia, Alabama 36420, at which time you may appear and contest the same, if you so choose. Amy W. Jones Circuit Clerk

NOTICE TO INTERESTED PERSONS: Probate proceedings in the Estate of Carlos G. Romero Ramirez, Deceased, are now pending in the Circuit Court of the State of Oregon for Lane County, Case No. 25PB07805, and Cameron Ray has been appointed Personal Representative of the estate. All persons having claims against the estate are required to present the same, with proper vouchers, to the Personal Representative, c/o Gleaves Swearingen LLP, Attorneys at Law, 975 Oak Street, Suite 800, Eugene, OR 97401, within 4 months from the date of the first publication of this notice or such claims may be barred. NOTICE IS FURTHER GIVEN to all persons whose rights may be affected by the above-entitled proceedings that additional information may be obtained from the records of the Court, the Personal Representative or the attorneys for the Personal Representative. Dated this 18th day of September, 2025.

NOTICE TO INTERESTED PERSONS: Probate proceedings in the Estate of Steven J. Clem, Deceased, are now pending in the Circuit Court of the State of Oregon for Lane County, Case No. 25PB07837, and Helen L. Clem has been appointed Personal Representative of the estate. All persons having claims against the estate are required to present the same, with proper vouchers, to the Personal Representative, c/o Gleaves Swearingen LLP, Attorneys at Law, 975 Oak Street, Suite 800, Eugene, OR 97401, within 4 months from the date of the first publication of this notice or such claims may be barred. NOTICE IS FURTHER GIVEN to all persons whose rights may be affected by the above-entitled proceedings that additional information may be obtained from the records of the Court, the Personal Representative or the attorneys for the Personal Representative. Dated this 18th day of September, 2025



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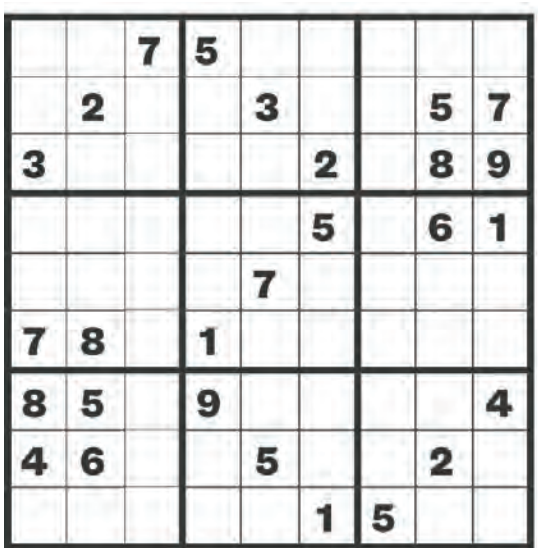


# SUDOKU

Place numbers 1-9 so that each row, column and 3x3 square has each number only once.

**SPONSORED MESSAGE:**  
**COMPLETE THE LOOP.** Build a South Bank bike path and connect Frohnmayer bridge to Knickerbocker bridge. Contact Mayor Kaarin.

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## Jonesin' Crossword

BY MATT JONES

"Oh, It's Ong"--or is it awn?

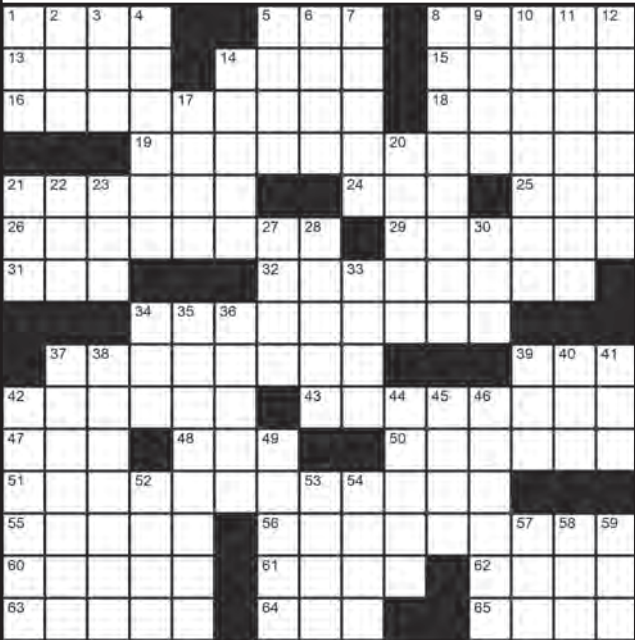
### Across

- Get from \_\_\_ (progress slowly)
- Janssen who played a "GoldenEye" Bond girl
- Gujarat wrap
- Cookie that has a "List of varieties" Wikipedia page
- Greg Evans comic strip
- Young deer named after Ulysses Grant's real first name?
- Element #18
- From one edge of the grass to the opposite edge?
- Musical homage to Napoleon
- Psi preceeder
- Alias letters
- Holy swimmer?
- Adult
- Detonation maker

- Suggestion to put in more quarters?
- Starting points of a new car scratch era?
- 1964 Lennon/McCartney song that's nowhere near the Beck song
- TV alien
- Chaotic end (but not beginning)?
- NYC publisher of Kurt Vonnegut, Stephen King, and Edith Wharton
- Prefix for center
- Cash quantity
- Leisurely tempo
- Like some platters with cocktail sauce?
- Alaska Highway, formerly
- Author who's up on her Philly slang?
- Anti-inflammatory drug acronym
- "Jokes \_\_\_ Can't Tell"

- (recurring "Late Night" segment)
- Cartoon canine
- Bubbly Nestle bars sold in England
- Took a break
- Lightning zigzag
- Down
- Flue residue
- Mai \_\_\_ (rum drink)
- Hockey player Bobby
- Erstwhile "Jeopardy!" host
- Mayim
- Muffin option
- Ribald
- Gin mixer
- New York City skyscraper name
- Outward glow
- Power player
- Metal attachment to a giant door
- Group of nine

- "Cry 'Havoc', and let slip the dogs \_\_\_" ("Julius Caesar" quote)
- Armor-busting weapon
- Shakespeare's "The Taming of the \_\_\_"
- Medevac worker
- Operated
- 10th mo.
- Custard ingredients
- Puts away, as cargo
- Colorado NHL team, in headlines
- Fashion designer Jacobs
- Indian dish with lentils
- Symbolic bringers of bad fortune
- "For real"
- Driving force
- Location of letters on a train
- "Crouching Tiger, Hidden Dragon" director Lee
- Aloha gift
- To and \_\_\_
- Week, in Oaxaca
- Sauce made with buttermilk
- Concept
- Poor performance
- Attire
- "Dynamite" singer Cruz
- General vicinity
- '80s skating champion Katarina
- Much fuss
- Actor Wheaton
- Ice hockey goal



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## FREE WILL Astrology WEEK OF SEPT. 18

BY ROB BREZSNY

**ARIES** (March 21-April 19): Hindu goddess Durga rides a tiger and carries weapons in her ten hands, including a sword, axe and thunderbolt. Yet she wears a pleasant smile. Her mandate to aid the triumph of good over evil is not fueled by hate but by luminous clarity and loving ferocity. I suggest you adopt her attitude, Aries. Can you imagine yourself as a storm of joy and benevolence? Will you work to bring more justice and fairness into the situations you engage with? I imagine you speaking complex and rugged truths with warmth and charm. I see you summoning a generous flair as you help people climb up out of their sadness and suffering. If all goes well, you will magnetize others to participate in shared visions of delight and dignity.

**TAURUS** (April 20-May 20): Born under the sign of Taurus, Maya Deren first expressed her extravagant creative urges as a writer, poet, photographer, clothes designer and dancer. But then she made a radical change, embarking on a new path as an experimental filmmaker. She said she had "finally found a glove that fits." Her movies were highly influential among the avant-garde in the 1940s and 1950s. I bring Deren to your attention, Taurus, because I suspect that in the coming months, you, too, will find a glove that fits. And it all starts soon.

**GEMINI** (May 21-June 20): In medieval times, alchemists believed mercury was a sacred substance and divine intermediary. They knew that it's the only metal that's liquid at room temperature. This quality, along with its silvery sheen (why it's called "quicksilver"), made it seem like a bridge between solid and liquid, earth and water, heaven and earth, life and death. I nominate mercury as your power object, Gemini. You're extra well-suited to navigate liminal zones and transitional states. You may be the only person in your circle who can navigate paradoxes and speak in riddles and still make sense. It's not just cleverness. It's wisdom wrapped in whimsy. So please offer your in-between insights freely. PS: You have another superpower, too: You can activate dormant understandings in both other people's hearts and your own.

**CANCER** (June 21-July 22): In the western Pacific Ocean, there's a species of octopus that builds its lair from coconut shells. The creature gathers together husks, dragging them across the seafloor, and fits them together. According to scientists, this use of tools by an invertebrate is unique. Let's make the coconut octopus your power creature for now, Cancerian. You will have extra power to forge a new sanctuary or renovate an existing one, either metaphorically or literally. You will be wise to draw on what's nearby and readily available, maybe even using unusual or unexpected building materials.

**LEO** (July 23-Aug. 22): I invite you to contemplate the meaning of the phrase "invisible architecture." My dream told me it will be a theme for you in the coming weeks. What does it mean? What does it entail? Here are my thoughts: Structures are taking shape within you that may not yet be visible from the outside. Bridges are forming between once-disconnected parts of your psyche and life. You may not need to do much except consent to the slow emergence of these new semi-amazing expressions of integrity. Be patient and take notes. Intuitions arriving soon may be blueprints for future greatness. Here's the kicker: You're not just building for yourself. You're working on behalf of your soul-kin, too.

**VIRGO** (Aug. 23-Sept. 22): A supple clarity is crystallizing within you. Congratulations! It's not a brittle or rigid certainty, but a knack for limber discernment. I predict you will have an extra potent gift for knowing what truly matters, even amidst chaos or complication. As this superpower reaches full ripeness, you can aid the process by clearing out clutter and refining your foundational values. Make these words your magic spells: quintessence, core, crux, gist, lifeblood, root. PS: Be alert for divine messages in seemingly mundane circumstances.

**LIBRA** (Sept. 23-Oct. 22): The ancient Mesopotamian goddess Inanna was called "the Queen of Heaven." Her domains were politics, divine law, love and fertility. She was a powerhouse. One chapter of her mythic story tells of her descent into the underworld. She was stripped of everything — clothes, titles, weapons — before she could be reborn. Why did she do it? Scholars say she was on a quest for greater knowledge and an expansion of her authority. And she was successful! I propose we make her your guide and companion in the coming weeks, Libra. You are at the tail-end of your own descent. The stripping is almost complete. Soon you will feel the first tremors of return — not loud, not triumphant, but sure. I have faith that your adventures will make you stronger and wiser, as Inanna's did for her.

**SCORPIO** (Oct. 23-Nov. 21): In ancient Rome, the dye called Tyrian purple was used exclusively for garments worn by royalty and top officials. It had a humble origin: murex snails. Their glands yielded a pale liquid that darkened into an aristocratic violet only after sun, air and time worked upon it. I'm predicting you will be the beneficiary of comparable alchemical transformations in the coming weeks. A modest curiosity could lead to a major breakthrough. A passing fancy might ripen into a rich blessing. Seemingly nondescript encounters may evolve into precious connections.

**SAGITTARIUS** (Nov. 22-Dec. 21): Bees can see ultraviolet patterns in flowers that are invisible to humans. These "nectar guides" direct bees to the flower's nectar and pollen, functioning like landing strips. Let's apply these fun facts as metaphors for your life, Sagittarius. I suspect that life is offering you subtle yet radiant cues leading you to sources you will be glad to connect with. To be fully alert for them, you may need to shift and expand the ways you use your five senses. The universe is in a sense flirting with you, sending you clues through dream-logic and nonrational phenomena. Follow the shimmering glimmers.

**CAPRICORN** (Dec. 22-Jan. 19): At the height of her powers, Egyptian pharaoh Hatshepsut declared, "I have restored what had been ruined. I have raised up what had dissolved." You now have a similar gift at your disposal, Capricorn. If you harness it, you will gain an enhanced capacity to unify what has been scattered, to reforge what was broken, and to resurrect neglected dreams. To fulfill this potential, you must believe in your own sovereignty — not as a form of domination, but of devotion. Start with your own world. Make beauty where there was noise. Evoke dignity where there was confusion.

**AQUARIUS** (Jan. 20-Feb. 18): In the high Himalayas, there's a flower called *Saussurea obvallata* — Brahma Kamal. It blooms only at night and for a short time, releasing a scent that legend says can heal grief. This will be your flower of power for the coming weeks, Aquarius. It signifies that a rare and time-sensitive gift will be available, and that you must be alert to gather it in. My advice: Don't schedule every waking hour. Leave space for mystery to arrive unannounced. You could receive a visitation, an inspiration, or a fleeting insight that can change everything. It may assuage and even heal sadness, confusion, aimlessness or demoralization.

**PISCES** (Feb. 19-March 20): The human heart beats 100,000 times per day, 35 million times per year, and 2.5 billion times in an average lifetime. It's the most reliable "machine" ever created, working continuously and mostly without special maintenance for decades. Although you Pisceans aren't renowned for your stability and steadiness, I predict that in the coming weeks, you will be as staunch, constant and secure as a human heart. What do you plan to do with this grace period? What marvels can you accomplish?

Homework: I dare you to plan a wild and smart adventure. Newsletter.FreeWillAstrology.com

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